

Microbiology

Collection of a stool (faeces) sample for *H.pylori* faecal antigen testing



Dr. Hans Clean says “The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure”.

If you have an upset stomach (gastroenteritis) and suffer with diarrhoea, your GP or another healthcare professional may ask you for a stool (faeces) sample to help them diagnose a health condition or rule it out. Stools naturally contain bacteria but the tests done in the microbiology laboratory look for those bacteria that cause infection.

What is *Helicobacter pylori*. (*H.pylori*)

H.pylori is a bacteria that has adapted to live in the acidic environment of the stomach and is a recognised cause of gastrointestinal disease. Previously the test that was performed was from a blood sample. However, there is now a better test for the direct detection of antigens (detection of the causative bacteria), from faeces, which can be used not only for the initial diagnosis of *H.pylori* infection but for monitoring the treatment success four to six weeks following therapy.

Collecting a stool sample

- Your GP or another Healthcare Professional should explain to you how to collect the stool sample.
- Your Doctor or the Hospital will provide you with a plastic container to use. Please DO NOT use empty medicine bottles or jars.
- Make sure that you do not collect urine or water (from the toilet) with the stool sample, as these will contaminate it. If you need to urinate, do this first, and then collect the stool sample.

To collect a stool sample:

- Wear disposable rubber or plastic gloves e.g a pair of marigolds from the supermarket
- The sample may be collected into the container provided as it flows or if this is not possible then collect into a clean potty or clean container that can be thrown away following the transfer into the container provided and screw the lid to make sure it is closed.
- Label the container with your name, date of birth and the date

- Put the filled container into a sealed plastic bag and attach the request form that has been completed by your GP or Healthcare Professional
- Please make sure the date that the sample was taken is completed on the request form
- Put the gloves and anything else you used to collect the sample in the bin and wash your hands thoroughly
- If your Doctor gives you any other instructions, you should also follow these.

Storing a stool sample until you hand it in

Stool samples must be fresh. If they are not, the bacteria in them can multiply. This means that the levels of bacteria in the stool sample will not be the same as the levels of bacteria in your digestive system. If you can not hand your stool sample in immediately, speak to your GP or the healthcare professional who requested the test and they will be able to advise you. If you cannot hand your stool sample in immediately, speak to your GP or the Healthcare Professional who requested the test and they will be able to advise you.

Results

Your results are normally available 48 -72 hours after receipt.

Opening times of the laboratory to receive samples:

Monday - Friday 8am - 7.30pm

Saturday - Sunday 8.30am - 4:00pm

If you would like further information or advice about collecting your sample, please telephone the Microbiology Laboratory on 01902 307999 ext 8257

Please note: the Laboratory is not able to give you the results of your sample. You must contact the requesting GP or Healthcare Professional.

If you require this document in an alternative format e.g., larger print, different language etc., please inform one of the healthcare staff.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਦਸਤਾਵੇਜ਼ ਹੋਰ ਕੁਝ ਉਦਾਹਰਨ ਵਜੋਂ ਵੱਡੀ ਛਪਾਈ, ਵੱਖਰੀ ਭਾਸ਼ਾ ਅਸੀਂ ਵਿੱਚ ਚਾਹੀਦਾ ਹੋਵੇ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਸਿਹਤਸੰਭਾਲ ਕਰਮਚਾਰੀ ਨੂੰ ਬੇਨਤੀ ਕਰੋ।

Polish

Aby uzyskać niniejszy dokument w innym języku lub formie, np. pisany dużą czcionką, itp., prosimy skontaktować się z przedstawicielem personelu medycznego.

Russian

Если данный документ требуется Вам в альтернативном формате, например крупным шрифтом, на другом языке и т.п., просьба сообщить об этом одному из сотрудников здравоохранения.

Lithuanian

Jeį pageidaujate šį dokumentą gauti kitu formatu, pvz., padidintu šriftu, išverstą į kitą kalbą ir t. t., praneškite apie tai sveikatos priežiūros darbuotojui.

Kurdish

ئەگەر ئێمە بەلگەنامەیە بە شێوازیکی دیکە دەخوازیت بۆ نمونە چاپی گەورەتر، زمانیکی دیکە هتد. تکلیه یەکیک لێ کارمەندانی سەرپەرشتی تەندروستی ناگادار بکەرەوه.

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