Preparation of the stool sample to test for H. pylori

Information sheet for patients

Instructions:

1. Write your name on the plastic vial

2. Pass the fresh stool on a clean and dry surface (not into the toilet)
   - Use the sample immediately after collection

3. Remove the cap carefully from the plastic vial making sure no liquid spills. Don't throw away the plastic cap!

4. Remove the collection swab from its plastic pouch

5. With the swab, take a portion of stool (ca. 50mg) from the part that at first glance shows the most secretion.

6. Put the swab into the vial and swirl it at least 10x until the sample is completely diluted with the liquid.

7. Remove the swab from the vial by pressing it against the inner wall of the vial in order to remove as much liquid as possible.

8. Recap the vial with the plastic cap

9. Let the vial rest for 5 minutes

10. Bring the stool sample as soon as possible to your doctor's office

Note:

- The stool sample in the vial can be kept until max. 1 week at the temperature 2-8°C
- To transport to the doctor’s office the vial can be exposed briefly to temperatures up to maximum 30°C