



Test Kit Instructions Helicobacter Pylori Stool Antigen (HpSA) Stool Specimen Collection

Test Kit Information

You are about to do a Healthscope Functional Pathology Helicobacter Pylori Stool Antigen test (HpSA), designed so that you can collect specimens in the privacy of your own home. This test requires the collection of one **stool specimen**.

Please follow the steps below in sequence. The test kit instructions contain all the information you need to successfully complete this test.

Test Kit Contents

- Clear plastic dish (for stool collection)
- Disposable gloves
- 1 container with a brown lid
- Blue towelling (to wrap specimen container in)
- Clear plastic specimen bag
- Toll Priority Consignment note

The day before your test is completed, phone the courier company **Toll Priority**, on 13 15 31 for a collection time (on Monday, Tuesday or Wednesday only). Keep a record of your consignment note number and job number (provided by Toll Priority).

Note: Specimens must be collected on a Monday, Tuesday or Wednesday to ensure they are returned by post to Healthscope Functional Pathology before the close of business on Friday.

Preparation for the Test

- If you are currently taking **Antibiotics**, only proceed with this test two weeks **after** you have finished the course of antibiotic therapy
- Antimicrobials, proton pump inhibitors and bismuth preparations are known to suppress Helicobacter pylori. The stool specimen needs to be collected at least **two weeks after** these medications have been stopped
- Follow your usual diet prior to collecting your stool specimen
- The stool specimen must be collected in the morning; otherwise the first movement of the day

Step 1 – Specimen Collection

Stop! Have you called Toll Priority before commencing this test?

- Do **not** use any medication e.g. laxatives to help pass the stool specimen.
- Aim to collect your stool specimen in the **morning**
- Collect your morning stool in the **clear plastic dish** provided, or any **clean** container. If this is not possible, place cling wrap over the toilet bowl and pass the specimen onto this surface

Note: do not pass any urine onto the stool specimen or in the same container as this will contaminate the stool and make the test invalid

- Place the blue towelling onto a clean surface and then put on the gloves provided
- Take the container with the **brown lid**; there is a **scoop** attached to the lid. Using the scoop, take small samples **from different parts of the stool** and **half fill** this container. Be sure to include any portion of the stool containing blood or pus. Close the lid **tightly**
- Print your **name** and the **date** of specimen collection on the container and keep it in a dry, dark, cool place away from food, **not in the refrigerator**, until collected by **Toll Priority**

Step 2 – Returning Specimens to Healthscope Functional Pathology

- **Call Toll Priority on 13 15 31 the day before you require a pick up**
- Toll Priority will pick up from your home or office (during business hours). Book a pick up for a Monday, Tuesday or Wednesday so that your specimen is returned to Healthscope Functional Pathology by Friday
- Take the **container with the brown lid** (check that your name and date of collection is written on the container) and wrap it in the **blue towelling** provided and put it into the **sealed** section of the **clear plastic specimen bag**
- Put the **practitioner request form** in the **unsealed section** of the **clear plastic specimen bag**
- Put the **clear plastic specimen bag** into the **Healthscope Functional Pathology white cardboard box**. Close the box
- Print your name, address and daytime phone number in the address section on the consignment note. Sign the consignment note in the bottom right hand corner.
- Stick the consignment note onto the top and side of the Healthscope Functional Pathology white cardboard box so that the box is closed and sealed (tamper proof)
- Keep the box in a dark, cool place until collected by Toll Priority

Note: you do not have to pay Toll Priority for this service

Step 3 – Payment

All Healthscope Functional Pathology tests must be prepaid when ordered. A packaging and postage fee applies per order

- If you have not already paid for this test, payment must be made by attaching a cheque or money order, enclose credit card details from Visa or MasterCard on the practitioner request form
- Enclose your payment with the practitioner request form in the unsealed section of the clear plastic specimen bag

Test results will be sent directly to your practitioner. Healthscope Functional Pathology thanks you for taking the time to complete this test carefully.

How to contact Healthscope Functional Pathology

Call Healthscope Functional Pathology on **1300 55 44 80** between the hours of 8.30am and 5.30pm (EST), or visit www.functionalpathology.com.au