

INSTRUCTIONS FOR HELICOBACTER PYLORI TEST

Please read these instructions carefully before beginning the collection process.

Objective

To collect one soft stool specimen when the patient is most symptomatic for detecting *Helicobacter pylori*.

Restrictions and Precautions

1. Medication Restrictions

- Allow at least one week after stopping antibiotics, antiparasitics, antimalarials, probiotics, or medications like Pepto-Bismol before collecting the sample.
- Do not use castor oil or liquid petrolatum or undergo radiological exams involving barium sulfate before collection.
- Consult your physician before altering or discontinuing medications.

2. Safety Precautions

- The stool specimen may contain infectious parasites, bacteria, or viruses. Handle carefully to avoid contamination.

3. For Constipation

- Use non-absorbable high-fiber or herbal laxatives (e.g., Miralax) to produce a soft specimen. Avoid laxatives with antiparasitic or anti-infective ingredients.
-

Collection Instructions

1. Prepare the Collection Area

- Use the sampling sheet provided to line the toilet seat or bowl, ensuring the notched area is positioned facing the front of the toilet.
- For detailed instructions on preparing the collection area, refer to the included **instruction sheet**.
- Important: Do not allow the stool to come into contact with water or urine.

2. Collect the Stool Sample

- Use the spoon attached to the vial's cap to collect small amounts of stool, focusing on areas that are slightly watery or bloody if present.
- For diarrhea, collect the latter part of the stool.
- Important: Do not fill the vial beyond the marked fill line. Overfilling can compromise results.

3. Secure the Sample

- Replace and tighten the spoon/cap to ensure no leakage.
- Fill out the label on the vial with the required information.
- Place the vial into the resealable bag provided in the original shipping package.

4. Complete the Requisition Form

- Fill out the enclosed requisition form completely. Samples without the completed form will not be processed.
- If using a credit card (Mastercard, Visa, or Discover; American Express is not accepted), include payment details on the requisition form.

5. Package and Ship the Sample

- Package the vial with the freezer gel packs in the original shipping package.
 - Ship the specimen to PCI with a 2-3 day delivery service
 - **Send to** PCI 11445 E. Via Linda #2-419, Scottsdale, AZ 85259- This address is a UPS store.
 - If there is a delay between collection and shipping, freeze the sample to maintain its integrity.
 - Shipment of samples is the responsibility of the patient. **PCI does not provide return labels.**
-

Results

- Results will be sent to your physician or practitioner, if you have one, within 2–3 weeks of receiving the sample (excluding weekends and holidays).
 - If you have registered as a patient on our website, you will receive your results through the patient portal.
 - If you have not registered, you must create a patient account on our website to access your results.
-

Key Reminders

- Ensure the sample is not contaminated with water or urine.
- Do not fill the vial beyond the marked line.
- Use the freezer gel packs and store the sample appropriately if shipping is delayed.

For additional questions, visit the Contact Us section of www.parasitetesting.com.