

## Stool helicobacter (-HepyNhO)

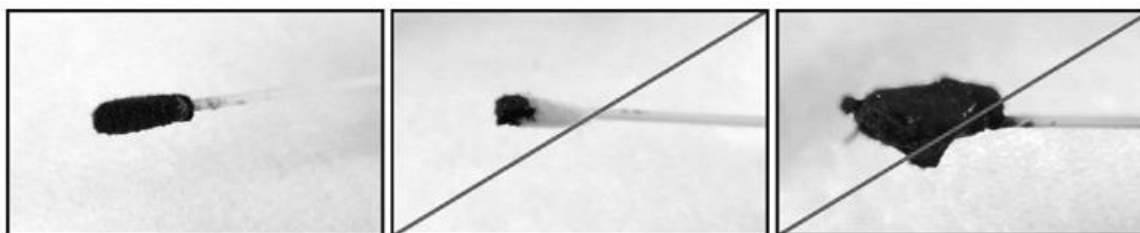
Pick up the sampling kit from a HUS laboratory.



- Watery diarrhea cannot be used as a sample.
- Certain medications must be discontinued before sampling. Please see item Medicine restrictions.
- Please note! Keep the sample tube out of the reach of children. Contains guanidinium thiocyanate. Please see first aid instructions.

### Taking the stool sample

1. Take a sample of stool e.g. on a paper plate.
2. Open the light blue cap of the sample tube and place the tube upright on an even surface.
3. Remove the sampling stick from its protective tube.
4. Stick the end of the sampling stick in to the stool. A thin layer of stool is enough, avoid excess amounts.



Suitable amount of stool

Too little stool

Too much stool

5. Insert the sampling stick into the liquid inside the tube and mix well.
6. Remove the stick from the liquid and dispose it with mixed waste.
7. Close the sample tube carefully with the tube's blue cap.
8. Write your name, personal identity code, and sampling date and time on the label.
9. Place the sampling tube (blue cap) and the label into the plastic bag. Close the bag carefully.

10. Bring the tube to the laboratory preferably during the same day. If you cannot bring the sample during the same day, keep the sample in the fridge until the next day.

## Medicine restrictions

### Do not take these medications for two weeks prior sampling:

- Proton pump inhibitors, e.g. Losec®<sup>®</sup>, Omeprazol®<sup>®</sup>, Meprazol®<sup>®</sup>, Omestad®<sup>®</sup>, Pantopratsoli®<sup>®</sup>, Pantoprazol®<sup>®</sup>, Pantoprazole®<sup>®</sup>, Somac®<sup>®</sup>, Gasterix®<sup>®</sup>, Lanrec®<sup>®</sup>, Lansoprazol®<sup>®</sup>, Lansoprazole®<sup>®</sup>, Lantil®<sup>®</sup>, Lanvone®<sup>®</sup>, Lanzo melt®<sup>®</sup>, Zolt®<sup>®</sup>, Pariet®<sup>®</sup>, Rabeprazol®<sup>®</sup>, Acidial®<sup>®</sup>, Esomeprazol®<sup>®</sup>, Nexium®<sup>®</sup>

### Do not take these medications for four weeks prior sampling:

- Helicobacter eradication regimens: e.g. Helipak A®<sup>®</sup>, Helipak K
- Antibiotics

## First aid instructions in case of exposure to the tube's liquid

### Skin splashes:

- Remove contaminated clothing.
- Wash skin with plenty of water and mild soap for approximately 10–15 minutes.

### Eye splashes:

- Flush the eyes with plenty of water for 20–30 minutes.
- If infection symptoms appear in the eyes, such as pain or disturbances in vision, contact a physician.

### Swallowed:

- Do not induce vomiting.
- Wash mouth with water.
- Drink water (approximately 1 glass).

If necessary, contact the Poison Information Centre tel. 09 471 977 or 09 4711.

## Contact information

If you have any questions, please call the customer service tel. 09 471 86800 Mon–Fri 7:30–15:30. Unfortunately, the service number cannot provide laboratory results.