

Stool Test for Ova and Parasite (O&P)

This test looks for parasites and their ova or eggs in the digestive tract by checking a sample of stool in a lab. A parasite lives on or inside another organism. Treatment will be based on the type of parasite that is found. Parasites enter the body through the mouth or skin. Most people become infected by drinking water or eating food that has parasites. Most parasites are too small to be seen and cannot be tasted or smelled in water or food. Parasites may get into the body through the skin or enter from bites of infected insects.

Signs

The most common signs are:

- Diarrhea
- Bloody diarrhea
- Mucous in stool
- Abdominal pain or cramping
- Gas
- Nausea
- Headaches
- Fever

See your health provider as soon as you have signs. He or she may recommend that you have an O&P test to check for parasites.

O&P Test

You will need to collect _____ stool samples. Collect each sample from one stool per day. Collect one sample one day, skip the next day then collect another sample. Do not collect all the samples the same day.

- You may be given a plastic tray to use in your toilet to collect your stool. If you do not get a tray, cover the toilet bowl with plastic wrap, like Saran. Loosely place the plastic wrap over the toilet bowl and hold it in place with the toilet seat so your stool does not get into the water of the toilet.
- **Do not** get urine, water or toilet paper in the stool sample.
- Put your sample into a special container with fluid. Keep the fluid

away from children and pets and handle it carefully. **The fluid is a poison.**

- Wash your hands.
- Take the sample to the health provider's office.

Your Care

If you have parasites, your treatment may include taking medicine and drinking large amounts of liquids to prevent dehydration.

How to Prevent Parasites

- Avoid food and water that may have parasites.
- Wash your hands often. Wash them before and after eating, and after using the toilet. This will help protect you and prevent the spread of parasites to others.

Talk to your health provider if you have any questions or concerns.

Adapted from www.healthinfotranslations.org, 2005 – 1/2011 Health Information Translations