

# Instructions for Collection of Stool for Occult Blood Testing

## Materials supplied:

- Three (3) slides (for serial determinations)
- Three (3) wooden sticks
- One (1) instruction sheet

## Drug Guidelines

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### Seven days before collection

Avoid non-steroidal anti-inflammatory drugs such as Ibuprofen, naproxen or aspirin (more than one adult aspirin a day).

Note: Acetaminophen (Tylenol) can be taken as needed.

### Three days before and during the stool collection

Avoid vitamin C in excess of 250 mg a day from supplements and citrus fruits and juices.

## Special Diet

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Three days before testing patient should not consume:

- Rare and lightly cooked meat, particularly beef.
- Cauliflower, horseradish, radishes, turnips, parsnips, broccoli and cantaloupe.
- Vitamin C in excess of 250 mg per day.
- Iron rich supplements.
- Aspirin and other medications which may cause gastrointestinal irritation.

**Note:** If any of the above dietary restrictions and recommendations are known to cause discomfort, patients should inform their physician. The patient should always consult the physician before discontinuing or interrupting any prescription medication.

## Specimen collection

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**Note:** Patients experiencing hemorrhoidal bleeding, having a menstrual period, or bleeding from the nose, gums, etc. should delay testing for at least 48 hours from the time that such bleeding has stopped.

For the collection of stool samples from three consecutive bowel movements (hence 3 slides) follow the steps listed below:

1. Open front flap of slide (the side that contains identification information put on by Laboratory staff).
2. Collect a small sample of stool on one end of applicator stick.
3. Apply a very thin smear to one window.
4. Wipe applicator clean.
5. From another part of stool, collect another small sample using the same applicator as before and apply to **other window of the same slide**.
6. Close front flap of slide.
7. Repeat steps 1 through 6 twice more, for two bowel movements.

## Hemoccult Test Diet

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There is some preparation for a Hemoccult test when it comes to your diet. Three days prior to your test and during your Hemoccult test, there are certain foods you need to avoid. It is recommended that you should not consume more than 350 mg of vitamin C daily. You should avoid raw fruits and vegetables – including broccoli, cauliflower, radishes and melons. You should also avoid red and processed meats prior to and during your test. These meats include beef, liver and lamb. Chemicals found in these foods can interfere with your test results and lead to the possibility of a false negative or false positive.

## Well-Balanced Diet

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During your Hemoccult test, you should maintain a well-balanced diet, which includes plenty of fiber from fruits and vegetables, as well as bran cereals. Consume lean meats, poultry and fish. Low-fat dairy – including milk, yogurt and cheeses – can also be part of your well-balanced diet. Consume carbohydrates such as bread, rice and pasta. During your hemoccult test, it is also important to stay hydrated. Drink plenty of water during your test.