



Dear Patient,

We are pleased you have chosen Beebe Healthcare Laboratory for your testing needs and we look forward to serving you. This brochure has information that will be helpful to obtain the most accurate results for this test. If you have further questions, or concerns. Please do not hesitate to call us at (302) 645-3241.



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Fecal Occult Blood

Collection Instructions
for Patients



Clinical Laboratory and Pathology Services

MATERIALS

Card(s) and Wooden Applicator



Preparing Specimen for Collection

If your doctor has given you a commode hat, raise the toilet ring and place the hat on the toilet bowl under the seat, lower the toilet ring to help hold the hat in place.



Alternatively, you can place plastic wrap over toilet bowl under the seat and lower the toilet ring.

Stool Collection

- Specimen card must be returned labeled with your full legal name, date of birth, and date and time of collection.
- If possible, urinate before preparing for collecting the feces to avoid contamination.
- The front of the collection card will say “Hemocult”. Gently lift the flap where it says “Open Tab Only When Ready To Use” and apply a small amount of stool to section A using the wooden stick. Obtain a second sample from a different area of specimen and apply a small amount to section B.
- Close the flap and secure underneath the tab. Place in plastic BioHazard bag and protect the card from heat and light.
- Dispose the applicator in waste container.
- Do not collect sample if blood is visible in your stool or urine (e.g menstruation, active hemorrhoids, urinary tract infection). **Contact your doctor.**
- If your doctor has ordered Occult Blood x3 , collect a specimen each time you have a bowel movement preferable over a three day period.
- Return the cards to Beebe Healthcare Lab Express or to your doctor’s office. Deliver within 72 hours.

Diet Guidelines

Diet May Include:

- Meats: Only small amounts of well-cooked chicken, turkey and tuna.
- Vegetables: Generous amounts of both raw and cooked vegetables may be eaten, including lettuce, corn, spinach, carrots and celery.
- Fruits: Plenty of fruits, especially prunes and apples.
- Cereals: Bran and bran-containing cereals.
- Moderate amounts of peanuts and popcorn daily.

Foods and Medications to Avoid:

- Meat: Avoid red or rare meat (beef, lamb and liver) for 3 days before testing.
- Medications: For 7 days before testing, do not take non-steroidal anti-inflammatory drugs, such as ibuprofen (Advil), naproxen (Aleve), or aspirin in doses greater than 325 mg per day. You may take acetaminophen (Tylenol) as needed.
- Vitamins: For 2 days before and throughout the testing period, do not take Vitamin C (ascorbic acid) in doses greater than 250 mg per day.

Beebe Healthcare is committed to providing the highest standard of care for every member of the community. We use the latest advances in medical technology and state-of-the-art instrumentation. Beebe Healthcare is committed to provide the best information possible to your doctor—it’s about your health and your life.

