

Patient Preparation and Collection Instructions for Fecal Occult Blood

Your physician has requested that a specimen be collected to screen for the presence of occult blood. Three Hemoccult ® specimen collection cards and applicator sticks have been provided to you.

PREPARATION:

- For **seven** days before and during the stool collection period, **avoid** non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin (more than one adult aspirin a day).
- Acetaminophen (Tylenol™) can be taken as needed.
- For **three** days before and during the stool collection period, **avoid** vitamin C in excess of 250 mg a day from supplements and citrus fruits and juices.
- For **three** days before and during the stool collection period, **avoid** red meats (beef, lamb, and liver).
- Eat a well-balanced diet including fiber such as bran cereals, fruits and vegetables.
- Please talk with your doctor or pharmacist if you have any questions about medications you are taking.
- Do not collect samples during your menstrual period. Wait until 3 days after your period stops.
- Protect cards from heat, light, humidity and chemicals.

HEMOCCULT® COLLECTION INSTRUCTIONS:

- You may use a clean, dry container to collect your sample. Collect sample before it contacts the toilet bowl water. Let stool fall into the collection container. If collecting multiple specimens, stool specimens should be collected on different days.
- Remove the occult blood card from the bag. Using a ball-point pen, write your **full name** and **date of birth along with the date of collection** on the front of each card.
- Open front of card 1. Use an applicator stick to collect a small sample of stool. Apply a thin smear covering BOX A. Collect a second sample from a different part of the stool with the same stick. Apply a thin smear covering BOX B. Discard stick into waste container.
- Close and secure the front flap of card 1. Store card in a paper envelope until the next day. This will allow the specimen to “air dry.” Do not place sampled card in any moisture-proof material such as a plastic bag. Do not store cards in refrigerator at any time.
- Repeat collection over the next two days with the other cards.
- Return cards to Athens-Limestone Hospital Laboratory. If collecting more than one sample, you may wait and deliver all of the cards at the same time. Return **no later than 14 days** after your first sample collection. **PLEASE** make sure all cards are properly labeled with the patient’s name, date of birth and date of collection.

If you have any questions concerning this collection please call your doctor’s office or Athens-Limestone Hospital Laboratory, 256-233-9131.