

Patient Occult Blood Collection Instructions

1. Follow the provided Drug and Diet guidelines before and during the stool collection period.

DRUG Guidelines:

- For seven (7) days before, as well as during the stool collection period, AVOID non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin (more than one aspirin per day).
- Acetaminophen (Tylenol®) can be taken as needed.
- For three days (3) before, as well as during the stool collection period, AVOID vitamin C in excess of 250 mg a day from supplements and citrus fruits and juices.

NOTE: Please talk to your doctor or pharmacist if you have any questions about medications that you take regularly. Some iron supplements contain vitamin C in excess of 250 mg. (100% of RDA of vitamin C for an adult is 60 mg a day.)

DIET Guidelines:

- For three (3) days before, as well as during the stool collection period, patient must eat a well-balanced diet including fibre such as bran cereals, fruit and vegetables.
- For three (3) days before, as well as during the stool collection period, AVOID red meats such as beef, lamb and liver.

2. Complete the requisition (if provided), the Hemoccult white envelope and each Hemoccult card with your full name, age, full address, phone number, doctor's name, and the date and time of collection. DO NOT TEAR THE CARD APART.

3. Open the white envelope and follow collection instructions or use the following instructions:

- Collect stool in a clean dry container. Specimens should be collected from samples taken on **three (3) different days**. Only **collect one stool sample per day**. It will therefore take a minimum of **3 days** to collect all 3 samples. Do not collect the samples if blood is visible in stool or urine.
- Open the front section of card and using the provided applicator stick, collect a small sample of stool, and apply a THIN smear covering BOX A. Collect a second sample from a different portion of the stool sample and apply to BOX B in the same card.
- Close the card and insert the tab into the slot. Store the card at room temperature in the white envelope. This allows the sample to air dry.
- Repeat the above steps for the 2nd and 3rd collections. Reminder: Only collect one stool sample per day.
- After completing the last sample collection, allow 24 hours for the sample to dry and then return the requisition, the envelope and labelled cards to the laboratory. The requisition **MUST** accompany samples. **Samples must be received by the laboratory within 10 days of collection.**

NOTE: Specimens without the proper patient information and no date and time of collection or without an accompanying requisition, will not be accepted.