



PATIENT INSTRUCTIONS FOR COLLECTING OCCULT BLOOD

The laboratory staff will be happy to answer any questions you may have. Please feel free to contact us at 526-5305.

Do **not** collect samples if:

- You have bleeding hemorrhoids.
- You have blood in your urine.
- You have your menstrual period – wait for 3 days after

Do **not** use aspirin or other non-steroidal anti-inflammatory drugs 7 days before and during the test period.

Do **not** use the following for 72 hours before and during the test period:

- Vitamin C (more than 250 mg per day) – from all sources, dietary and supplemental. NOTE: Caution: some iron supplements contain quantities of Vitamin C, which exceed 250 mg per day.
- Red meat (beef, lamb, liver), including processed meats and liver.
- Raw fruits and vegetables (especially melons, radishes, turnips, and horseradish).

Collection:

- Collect stool into a clean, dry container.
- Collect samples from three bowel movements in a row.

- 1. Write your name, date of birth, date and time of collection on each slide when you collect it.**
2. Using a wooden stick, collect a SMALL amount of stool. Take sample from areas that are bloody, slimy, mucousy, or watery, if present. If your stool is firm take sample from the middle, the sides, and the ends.
3. Open the cover flap and apply a THIN smear of stool to the area inside BOX A.
4. Using the wooden stick, collect a SMALL amount of stool from another portion of the sample.
5. Apply a THIN smear of stool to the area inside BOX B.
6. Close the flap and discard the wooden stick.
7. Follow this procedure with the next bowel movement and another test slide.
8. Keep your slides at room temperature. DO NOT mail slides.
9. Keep slides at room temperature until brought to the Laboratory at New London Hospital. Must be delivered within 7 days of collection.