

OCCULT BLOOD INSTRUCTIONS

Patient Preparation: Patients should follow the patient instruction at least seven days prior to and continuing through the test period. Physicians may elect not to put patient on the recommended dietary restrictions. Roughage in the diet can increase test accuracy by helping uncover “silent” lesions, which bleed intermittently.

Patient instructions:

1. Do not collect samples during or until three days after menstrual period or while you have bleeding hemorrhoids or blood in urine.
2. Eat a well-balanced diet including fiber such as bran cereals before and during the test period.

Avoid seven days before and during test period:

1. Aspirin and other non-steroidal anti-inflammatory drugs (i.e. Ibuprofen, Naproxen) Tylenol may be used.

Avoid three days before and during testing:

1. Vitamin C in excess of 250 mg/day from all sources including all sources including dietary and supplements some iron supplements contain quantities of vitamin C greater than 250 mg/day.
2. Red meat (beef, lamb, liver).
3. Raw fruits and raw vegetables (especially melons, radishes, turnips and horseradish).

Note: Medications such as corticosteroids, phenylbutazone, reserpine, anticoagulants, antimetabolites, and cancer chemotherapeutic drugs can cause false positive results.

4. Consult your physician before discontinuing any medications.

Collecting sample:

5. Stool samples should be collected from consecutive bowel movements over three consecutive days. Protect the slides from heat, light and moisture.
6. After you have a bowel movement use wooded sticks provided to remove a small sample of stool off of toilet tissue.
7. Open card (the side with your name on it)
8. Using the wooden stick smear the stool on the “A” window.
9. Reuse the applicator to obtain a second sample and apply a smear inside the “B” window.
10. Close the cover.
11. Follow these steps for the second and third cards.
12. Make sure you have your name and date of birth and date of collection on all three cards.

