

# Patient Instructions for Collection of Occult Blood

Follow the instructions below to collect the correct specimen for the test your doctor has ordered.

Make sure you are prepared, and then follow each of the steps to collect the proper sample for testing.

## Patient Preparation:

You should not eat red meat which could give a false positive result. Eat plenty of high fibre fruits, vegetables and grains listed below which provide roughage to help uncover those areas of the bowel which may bleed only occasionally. Start this special diet two days before you collect the first sample and until all samples are collected.

## Diet Guidelines- Start 2 days before starting your collection

### Eat the following foods:

- Generous amounts of cooked and raw vegetables such as lettuce, corn and spinach
- Plenty of fruits such as plums, grapes and apples
- Moderate amounts of bran cereal, peanuts and popcorn
- Tuna fish, roasted chicken and turkey

### Do Not eat the following foods:

- Red meats
- Rare and lightly cooked meats
- Cauliflower, turnips, broccoli, red radishes and cantaloupe

**Do not stop taking any medication unless the doctor tells you not to take it during the collection.**

- Aspirin and medications may cause gastrointestinal irritation
- More than 250 mg/day of Vitamin C and iron-rich supplements may cause false results

## Collection procedure:

Note:

- Do not use barium, oil, or magnesium before a stool collection
- If three specimens are to be collected, collect them on three different days. Return the samples to the laboratory when all samples are collected but no later than 14 days after your first collection
- The occult blood test looks for very small amounts of blood in your stool. If you are bleeding from a condition such as hemorrhoids or menstruation that could contaminate your stool with blood, then you should not do the test while bleeding is active. Wait till the hemorrhoids are healed or menstruation has finished.

Pick up the collection kit from Laboratory **To collect the stool specimen:**

- Pass urine into the toilet
- Lift the toilet seat. Place sheets of plastic wrap over the toilet bowl, leaving a small dip in the centre. Place the toilet seat down.
- Pass stool onto the plastic wrap
- Collect the specimen from the plastic using the popsicle stick
- Open front of slide-lift flap
- Apply small amount of stool to both windows of the slide. Collect sample from different places of stool.
- Close the flap of the slide
- Write the name, date of birth and date and time of collection on the back of slide
- Return completed slides to the laboratory