

Instructions for fecal occult blood testing

Your doctor has asked you to collect six stool samples to test for the presence of occult (hidden) blood in the feces.

What to avoid

- Do not take aspirin or aspirin-containing drugs for 7 days before collecting the first stool specimen and for the duration of the collection period.
- Do not eat the following foods for 3 full days before you start collecting samples, and continue to avoid them throughout the sample-collecting period:
 - Red meat or processed meat
 - Raw fruits and vegetables
- Do not take vitamin C or multivitamins containing vitamin C in amounts greater than 250 mg per day while collecting the specimens.

What you can do

- Eat cooked vegetables or fruits, breads, cereal, fish, chicken, pork, and popcorn.
- Drink the beverages that you normally drink.

Specimen collection

- Put each specimen into a dry cup or container. Do *not* allow the specimen to drop into the toilet bowl. Collect only one specimen a day. If you do not move your bowels on a given day, extend the diet for as many days as necessary to collect the six specimens.
- Open the front section of the specimen-collecting card.
- Using the applicator, spread a thin layer of the stool in Box A.
- With the other end of the applicator and from a different part of the stool specimen, spread a thin layer in Box B.
- Close the card and mail it that day or the next day to the address provided by your doctor.

Note: Do *not* refrigerate the specimen or leave it in an enclosed car while you do other errands. (Temperature changes affect the lab's ability to obtain accurate readings.)