

OCCULT BLOOD COLLECTION INSTRUCTIONS

Your doctor has asked that you provide the laboratory with an occult blood specimen. It is important that you follow these instructions carefully when collecting the specimen and bringing it to the lab.

A staff member gives out the following supplies:

- a. Occult blood collection card
- b. Collection “hat” container to fit over the rim of the toilet
- c. Envelope addressed to the facility that distributed the cards

Patient Preparation:

For about 3 days before the test, your doctor may ask you to avoid:

- Red meat
- Vitamin C supplements
- Certain fruits and vegetables

For about 7 days before the test your doctor may ask you to avoid;

- Pain relievers such as aspirin, ibuprofen (advil, motrin, others)

Patient Instructions:

- Using a pen, write your name, age, and address on the front side of the slide.
- Place the plastic collection “hat” over the rim of the toilet seat to collect the specimen.
- Open the front side of the occult blood collection card (the side that contains the patient information).
- Using a wooden application stick, collect a small stool sample on one end of an applicator stick.
- Apply a thin sample of feces inside Box A.
- Reuse the applicator stick to obtain a second sample from a different part of the stool.
- Apply a thin sample inside Box B.
- Discard applicator stick in a waste container.
- Close and secure the front flap by securing under tab.
- Store the slide in the envelope provided.
- Return to the facility that distributed the card.