



## **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.)