

CLINICAL LABORATORY

Updated: 05/15/03

STOOL OCCULT BLOOD

Purpose: Patient instruction sheet for the collection of a stool specimen for occult blood.

Your physician has ordered an occult blood test, which is performed on a stool specimen(s). A special collection container may be obtained from the Clinical Laboratory or a clean plastic container with a tight fitting lid may be used.

SPECIAL INSTRUCTIONS:

- ◆ Do not collect sample(s) during, or until three days after your menstrual period, or while you have bleeding hemorrhoids or blood in your urine.
- ◆ Avoid 72 hours prior to and during the test period the following foods, drugs, and vitamins: red meat (beef & lamb), **raw** fruits and vegetables (especially melons, radishes, turnips, and horseradish), aspirin, or other non-steroidal anti-inflammatory drugs, vitamin C in excess of 250 mg per day.
- ◆ Collect sample(s) from one to three consecutive bowel movements, your doctors order will specify how many to collect.

SPECIMEN COLLECTION:

To collect specimen place a large plastic bag (such as a plastic grocery bag) or plastic wrapping film over the toilet seat opening. The stool specimen can be passed on to the plastic. (Another option is to use a thoroughly cleaned and dry milk carton: cut so as to remove the upper two-thirds of the carton). After specimen is collected, place it in the collection container. Be sure to label sample with patient name and collection date and time of specimen.

Samples are to be delivered to Express Testing after all collections are complete and properly labeled. This area is open Mon-Fri from 0630-1800 and Saturday 0700-1200 noon.

If you should have any questions please call 268-6134.