**PATIENT INSTRUCTIONS: OCCULT BLOOD, STOOL**

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| **Supplies needed:*** **Collection hat**
* **Plastic biohazard bag**
* **Brown paper bag**
* **An Occult Blood Card for each day of testing**
* **An applicator stick for each day of testing**
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| **Specimen:*** **Stool. Do not collect sample if blood is visible in your stool (due to menstruation, active hemorrhoids, or urinary tract infection.) If this is visible, contact your doctor.**
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| **Patient preparation:*** **Patient should not receive vitamin C (ascorbic acid) for 3 days prior to occult blood testing as ascorbic acid may cause false-negative results.**
* **A high bulk, meat-free diet with restriction of peroxidase-rich vegetables has been recommended for 3 days prior to testing to decrease the incidence of false-positive.**

**Suggested diet:*** **Vegetables: Raw and cooked, especially lettuce, spinach, and corn.**
* **Fruits: Prunes, grapes, plums, and apples.**
* **Bran: Cereal, bread, muffins.**
* **Roughage: Popcorn, peanuts**

**If it is known from past experience that any of the above foods cause a patient discomfort, patient should be instructed to make appropriate substitutions.****Avoid aspirin and other nonsteroidal anti-inflammatory drugs 7 days prior to and during the testing period.****The application of antiseptic preparations containing iodine, such as povidone iodine mixtures, to anal area can also cause false positive results and should be avoided.** |
| **If you have any questions after reading these instructions please contact us at 618-257-5094** |
| **STEP:** | **INSTRUCTIONS** |
| **1.** | **Wash hands** |
| **2.** | **Place the collection hat under the seat of your toilet.** |
| **3.** | **Capture your bowel movement in the collection hat.** |
| **4.** | **Open card’s front flap.** |
| **5.** | **Using applicator stick, collect small stool sample.*** **Apply thin smear covering Box A**
* **Reuse applicator stick to obtain second sample from a different part of the bowel movement.**
* **Apply thin smear covering Box B.**
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| **6.** | **Close cover flap. Dispose of applicator in waste container.**  |
| **7.** | **Write the date and time of collection on the card’s label.** |
| **8.** | **Place the card in the plastic biohazard bag.** |
| **9.** | **Place the biohazard bag containing the card into the brown paper bag and put it in a cool dry area.** |
| **10.** | **Repeat steps 1-9 for each card. Collect one sample per day.** |
| **11.** | **Return card(s) to laboratory within 7 days of first collection.**  |