

Your doctor has ordered a test to detect occult (microscopic) blood in the stool, which may be indicative of gastrointestinal disease. The Hemoccult test is recommended in screening programs for colorectal cancer when Patient Instructions are followed. This test is not for blood caused by hemorrhoids, fissures, and other forms of external bleeding.

PATIENT INSTRUCTIONS:

The following instructions should be followed prior to and continuing through the test period.

7 DAYS PRIOR AND DURING THE COLLECTION PERIOD:

- Avoid aspirin (more than one adult aspirin a day) or other non-steroidal anti-inflammatory drugs such as ibuprofen and naproxen, unless directed by your physician (these include Feldene, Tolectin, Motrin, and Naprosyn). Tylenol can be taken as needed.
- Alcohol in excess should be avoided.

3 DAYS PRIOR AND DURING THE COLLECTION PERIOD:

- Avoid Vitamin C in excess of 250mg per day (this is from all sources, dietary and supplemental). 100% of RDA of vitamin C for an adult is 60 mg a day. Some iron supplements contain vitamin C in excess of 250 mg.
- Avoid red meat (beef, lamb and liver), including processed meats.
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

COLLECTING SAMPLES:

- For accurate test results, apply samples from bowel movements collected on **three different days** to slide.
- **Do not** collect samples during, or until three days after your menstrual period; or while you have bleeding hemorrhoids or blood in your urine.
- For the most accurate test results collect stool sample before contact with the toilet bowl water.
- **Do** protect slides from heat and light.
- Remove toilet bowl cleaners from toilet tank and flush twice before processing.

DIRECTIONS:

1. Fill out the information on each of the cardboard slides. **Make sure you write your Name, SSN, and Date of sample.**
2. Collect a small amount of stool on one end of the applicator stick (you may use stool off the toilet paper).
3. Apply a thin smear inside Box A
4. Reuse the applicator stick to obtain a second sample from a different part of stool.
5. Apply a thin smear inside Box B.
6. Close cover and keep cover closed when not in use.
7. Follow this procedure for three bowel movements.
8. Return cardboard slides to the laboratory (the test loses reliability if the specimen is older than 14 days; therefore, return promptly).

If you have any questions concerning this test, please contact your health care provider or the laboratory at (703) 692-8990