

## Instructions for Hemoccult Test

If your physician requests that you collect stool for detecting fecal occult blood, please follow the directions listed below:

**Diet:** Avoid red or rare meats (beef, lamb and liver) 3 days before and during collection. It is recommended that you have high fiber and roughage in your diet 48 hours before and during collection.

For three days before and during collection, avoid vitamin C in excess of 250 mg a day from supplements and juices. For seven days before and during collection, if possible, avoid non-steroidal anti-inflammatory drugs such as ibuprofen (Motrin, Advil), naproxen or aspirin (more than one adult aspirin a day). The following foods should also be eliminated 2 days before the test and while the test is in progress: horseradish, turnips, cauliflower, broccoli, cantaloupe, artichokes and mushrooms. Iron supplements should also be avoided two days prior to test. Please talk to your doctor or pharmacist if you have any questions about medications you take regularly.

**Additional requirements:** Do not take the test during a menstrual cycle, or if hemorrhoidal bleeding is occurring.

Typically, your physician will ask for stool collections from 3 consecutive bowel movements. For accurate test results, samples from bowel movements should be collected on three different days. Collect the bowel movements in the bed pan provided.

Fill in the information on the front cover of each slide. Open the first flap (with the information area toward you) and proceed as follows:

- Collect a small amount of stool specimen on applicator. Apply a very thin smear inside box A.
- Reuse applicator to obtain another sample from a different part of the stool and apply to Box B.
- Close cover and label slide with date and time collected. Keep slide away from heat and light.
- Repeat all the above steps on the two remaining slides for your next two bowel movements.
- Return slides to Hagerstown Medical Laboratory either by mailing them or dropping them off to the lab in person. If mailing, please complete the enclosed card with your personal information and return it with the specimen. Please include a copy of your insurance card(s) when the specimen is returned.
- If you return your slides in person to a patient service center, you will need to have the specimen registered so that all your information can be verified before you leave.
- **SLIDES MUST BE RETURNED WITHIN 14 DAYS FOR TESTING**