

Patient Instructions

Pocono Medical Center Laboratory

Occult Blood in Stool Specimen

PATIENT PREPARATION AND INSTRUCTIONS

Patients should follow the PATIENT INSTRUCTIONS at least 7 days prior to and continuing through the test period. Roughage in the diet can increase test accuracy by helping uncover “silent” lesions, which bleed intermittently.

Patient Instructions

1. For accurate test results, apply samples from bowel movements collected on three different days to slides
2. Do not collect sample if blood is visible in your stool or urine (e.g. menstruation, active hemorrhoids, urinary tract infection) **Contact your doctor.**
3. For the most accurate test results collect each stool sample before contact with the toilet bowl water. You may use a clean dry container.
4. Using the supplied stick put a small amount of stool on the test side of the card by opening the front flap (side of card with patient information).
5. Close the flap on the test side and return the completed slides to the Pocono Medical Center laboratory no later than 14 days after the first sample collection.
6. Make sure you write your full name and date of birth plus the date of collection in the space provided on the card.
7. Protect slides from heat, light and volatile chemicals (iodine, ammonia, bleach and household cleaners).

Drug Guidelines

1. For **seven** days before and during the stool collection period, **avoid** non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin (more than one adult aspirin a day).
2. Acetaminophen (Tylenol) can be taken as needed.
3. For **three** days before and during the stool collection period **avoid** vitamin C in excess of 250mg a day from supplements and citrus fruits and juices

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Diet Guidelines

1. For three days before and during stool collection period, **avoid** red meats (beef, lamb, liver).
2. Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.
3. Please talk to your doctor or pharmacist if you have any questions about medications you take regularly.
4. 100% of RDA of vitamin C for an adult is 60mg a day.
5. Some iron supplements contain vitamin C in excess of 250mg

IF YOU HAVE ANY QUESTIONS REGARDING THE COLLECTION REQUIREMENTS OR PROCEDURE, YOU MAY CONTACT POCONO MEDICAL CENTER LABORATORY AT (570) 476-3371 BEFORE 6 p.m. OR (570) 476-3369 AFTER 6 p.m.