

## Stool for Occult Blood

### Home Collection Instructions for Patients

Your doctor has ordered a laboratory test, which requires you to collect three samples of stool on three consecutive days. Please follow these instructions to ensure accurate test results.

#### Planning the collection

- Plan the collection so you can deliver the sample during the Specimen Collection Centre business hours, which are Monday to Friday, 7:30 am to 3:15 pm.

#### Do not collect specimen:

- During your periods and for the next three days
- While you have blood in your urine
- If you have bleeding hemorrhoids
- If dental work has taken place within three days. Dental work can cause bleeding, and blood could get into your digestive tract, which could affect your test results.

#### 3 days before the collection

- Follow a high-fibre diet, free of red meat, starting three days before testing and continuing through the testing period.

<b>EAT THE RECOMMENDED diet 3 days before and throughout testing period</b>	<b>AVOID THE FOLLOWING foods, vitamins and drugs during testing period</b>
<p><b>Generous portions</b> of cooked fruits and cooked vegetables</p> <p><b>Moderate portions</b> of high-fibre foods such as bran cereal, popcorn, whole-wheat bread and peanuts.</p> <p><b>Well-cooked</b> pork, poultry and fish.</p>	<p><b>Meat:</b> Red or lightly cooked meats such as beef</p> <p><b>Raw vegetables:</b> Turnips, horseradish, radishes, broccoli, carrots, cauliflowers, mushrooms and cucumbers</p> <p><b>Fruits:</b> Cantaloupes and grapefruit</p> <p><b>Vitamins:</b> In excess of 250 mg daily/ Iron supplements.</p> <p><b>Drugs:</b> Aspirin and non-steroidal anti-inflammatory drugs (NSAID) unless these are prescribed; in which case discuss with your doctor FIRST</p>

Please see the collection instructions on the following page.

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### Home Collection Instructions for Patients

1. **Label the cards.** Open the kit and clearly print your full name and date of birth on each card with a ballpoint pen.
2. **Collect sample stool.** You may collect the sample in any clean and dry disposable container. You may find it easier to collect the sample on a piece of plastic wrap under the toilet seat, but suspended over the water of your toilet.
  - a. Do not contaminate stool sample with water or urine.
  - b. Using the wooden stick included in the kit, collect a small sample of stool.
  - c. Apply a thin layer of specimen inside the first test window labelled SECTION 1A.
  - d. Using the same wooden stick, collect another sample from a different area of the same fecal specimen and apply a thin layer inside the test window labelled SECTION 1B.
  - e. Repeat this procedure for the next two days. Use sections 2A and 2B on the second day and sections 3A and 3B on the third day.
  - f. Close and reseal the test slide after each specimen application and protect from heat and light. Store at room temperature.
3. **Deliver the Stool Blood Test Kit to the HGH Specimen Collection Centre during business hours.**
  - a. Bring the sample as soon as possible after the last collection, or the next morning at the latest. Keep the samples at room temperature if you cannot deliver it immediately.
  - b. Please register first at the Information desk and include the test requisition provided by your doctor with the sample.
  - c. Then proceed to the Specimen Collection Centre. Enter through Cardiology.

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#### Address

Specimen Collection Centre  
Block A, Level 1  
Hawkesbury and District General Hospital  
1111 Ghislain Street  
Hawkesbury, Ontario K6A 3G5

#### Business Hours

Monday to Friday from 7:30 am to 3:15 pm  
Closed on public holidays

#### Questions?

613-632-1111, extension 51201