

Patient Instructions

Pocono Medical Center Laboratory

Occult Blood in Stool Specimen

PATIENT INSTRUCTIONS

Please read prior to sample collection

- Do not collect samples during or until three days after your menstrual period, or while you have bleeding hemorrhoids or blood in your urine.
- Do not consume the following drugs, vitamins and foods:

Avoid aspirin or other non-steroidal anti-inflammatory drugs for 7 days prior to and during the test period.

Avoid Vitamin C in excess of 250 mg per day* (from all sources, dietary and supplemental) for 72 hours prior to and during the test period.

Red meat (beef, lamb), including processed meats and liver.

Raw fruits and vegetables (especially melons, radishes, turnips and horseradish)

- Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.
- Collect samples from three consecutive bowel movements or three bowel movements closely spaced in time.
- Protect slides from heat, light and volatile chemicals (e.g. iodine or bleach).
- Keep cover flap of slides closed when not in use.

*Caution: Some iron supplements contain quantities of Vitamin C which exceed 250 mg per day

COLLECTION OF THE TEST SAMPLE:

1. 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).
2. Close the flap on the test side and return the slide to the laboratory.
3. Make sure you write your name and date on spaces provided on the card.

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.

