

Collection Instructions

To discuss with your patients



Occult Blood, Stool

These guidelines should be followed for a minimum of 3 days before and during collection of the stool specimens unless otherwise indicated.

Diet Guidelines:

- Avoid red meat (beef, lamb, or liver), fish, turnips, and horseradish.
- Eat a well-balanced diet including fiber such as bran cereals, cooked fruits and vegetables.
- Do not drink excessive alcohol as it may cause false positive results.

Drug Guidelines:

- For 7 days prior to testing and during testing, do not take adult aspirin (daily low dose aspirin regiment is acceptable) or other non-steroidal anti-inflammatory drugs (such as ibuprofen or naproxen). Acetaminophen (Tylenol®) can be taken as needed.
- Avoid Vitamin C (Ascorbic Acid) in excess of 250 mg per day from supplements, citrus fruits, and juices. Some iron supplements contain Vitamin C in excess of 250 mg.

Collection Guidelines:

- Do NOT collect samples during, or until 3 days after your menstrual period, or while you have bleeding hemorrhoids or blood in your urine.
- Protect cards from heat, light, and volatile chemicals (iodine, ammonia, bleach, and household cleaners).
- Do NOT refrigerate or freeze. Keep cards at Room Temperature and away from direct sunlight.
- ALL information on the front of the card MUST be filled out. In particular, **NAME, DOB, and DATE OF COLLECTION** to ensure specimens are not rejected.
- Collect stool samples from 3 different days and return cards to the Meadville Medical Center lab within 5 days of the first collection.
- Please call Meadville Medical Center Laboratory at 333-5511 if you have any questions.