



Instructions for fecal occult blood testing

Supplies needed: Hemoccult collection kit

- keep at room temperature
- do not refrigerate
- do not freeze
- protect from heat and light
- protect from volatile chemicals:
 - bleach
 - ammonia
 - other household cleaners



Patient preparation prior to stool collection

1) Diet guidelines

- Avoid red meat (beef, lamb, liver) for three days before and during stool collection period.
- Eat a well balanced diet including fiber (bran cereals, fruits, vegetables).

2) Drug guidelines

These guidelines are in place to ensure optimal test results. Please consult with your physician and/or pharmacist before discontinuing any medications.

- Avoid non-steroidal anti-inflammatory (NSAID) drugs (Motrin, Advil, Naproxen) for seven days before and during stool collection period.
- Avoid aspirin (if more than one adult aspirin per day) for seven days before and during stool collection period.

- Avoid vitamin C in excess of 250 mg per day from supplements, citrus fruits and juices for three days before and during stool collection period.

Note: Iron supplements may contain vitamin C in excess of 250 mg.

- Tylenol (acetaminophen) can be taken as directed.

3) Number of stool specimens needed for optimal test results

- Collect samples from three consecutive bowel movements within a closely spaced time interval (less than 48 hours).
- Do not collect stool samples if there is visible blood in the stool or urine (i.e. menstruation, active hemorrhoids, urinary tract infection), as this may lead to false positive test results.
- Do not allow the stool specimens to come into contact with toilet water or urine.

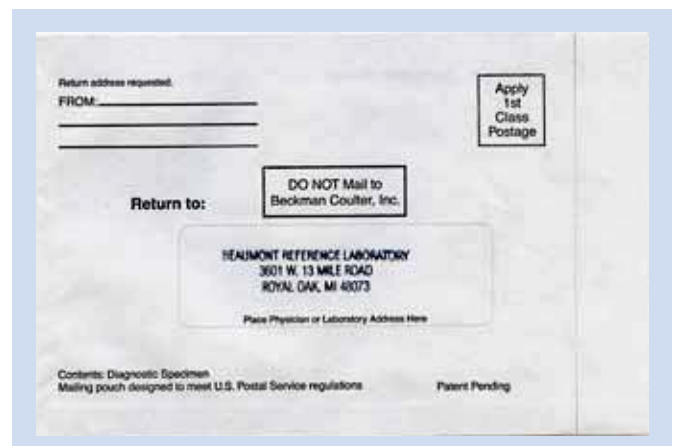
Beaumont
Laboratory
800-551-0488

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Patient instructions for each stool collection

1. Lift the cover flap on slide #1.
2. Using wooden applicator stick (included), apply a thin smear of stool over Box A.
3. Reuse the stick to obtain a second sample from a different part of the stool and apply a thin smear of stool over Box B.
4. Close cover flap. Dispose of applicator stick into waste container.
5. Write patient's name, patient's Medical Record Number (MRN), and sample collection date/time on the front of the slide in the space provided.
6. Repeat steps 1-5 for slide #2 and slide #3 on different bowel movements.
7. Deliver slide(s) to the Beaumont Laboratory for testing no more than 14 days after the first sample collection.
8. Special note: If the slide(s) must be mailed to Beaumont Laboratory, please use the attached Hemocult Mailing Pouch. Adhere to U.S. Postal Service regulations for mailing diagnostic (clinical) specimens.

For more information or questions, please contact Customer Service at 800-551-0488.



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