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Patient Instructions

Fecal Occult Blood

Do not collect samples during or while you have bleeding hemorrhoids or blood in your urine.

Females: Do not collect samples during, or until three days after your menstrual period.

Do not consume the following drugs, vitamins, or foods:

Avoid 7 days prior to and during the testing period:

- Aspirin or other non-steroidal anti-inflammatory drugs.
- Vitamin C in excess of 250 mg per day (from all sources, diet, or vitamins).
- Red Meat (beef, lamb) including processed meats and liver.
- Raw fruits and vegetables (especially melons, radishes, turnips, and horseradish).

Procedure:

Write your name and date of birth on each card

Collect samples from three consecutive bowel movements from three consecutive days.

Protect slides from heat, light and volatile chemicals (e.g. iodine or bleach).

Keep cover flap of slides closed when not in use.

Please return the specimens to laboratory when all three samples are done.