



COLLECTION PROCEDURE

OCCULT BLOOD, STOOL

Dear Patient:

You have been asked by your physician to collect a stool specimen. Please read and follow the instructions provided below.

DIRECTIONS FOR HOME APPLICATION OF FECAL SMEARS TO SLIDES

1. Fill out the required information on the **front flap** of all three (3) slides.
2. Remove all cleaners or deodorizers from the toilet bowl and tank. Flush the toilet twice to remove chemicals that may be present. If a noticeable color exists, flush until it disappears.
3. Upon completing the first bowel movement, open the first slide's front flap and follow the printed directions. Use one applicator to obtain a stool sample from the toilet bowl. Apply a very thin stool smear to window A. Obtain a second sample of the stool, from a different location. In the same manner, apply a very thin stool smear to window B. Allow the cards to air dry; then **close the flap**.
4. Repeat this procedure for the next two bowel movements using the second and third slides and applicators.
5. Do not collect stool samples if hematuria or obvious rectal bleeding (hemorrhoids) is present, or during or in the first three days after menstrual period.
6. Place all three slides in the envelope and return to the clinic lab within 14 days after collection.

DO NOT MAIL

Diet may include:

- Meats: Only small amounts of well-cooked chicken, turkey, and tuna.
- Vegetables: Generous amounts of both raw and cooked vegetables including lettuce, corn, spinach, carrots, and celery. Avoid raw vegetables with high peroxidase activity such as those listed below.
- Fruits: Plenty of fruits, especially prunes and apples.
- Cereals: Bran and bran-containing cereals.
- Moderate amounts of peanuts and popcorn daily.

To be avoided:

- Meat: Avoid red or rare meat.
- Avoid raw fruits and vegetables containing high peroxidase activity such as turnip, broccoli, horseradish, cauliflower, cantaloupe, parsnip, and red radishes.
- Do not use rectal medicines, tonics, or vitamin preparations, which contain Vitamin C (ascorbic acid) in excess of 250 mg per day.
- Avoid medications with aspirin or other anti-inflammatory medicine.

Please consult your physician before changing your diet or medications.

If you have any questions, please call Client Services, Interpath Lab at 800-700-6891.