

## Fecal Occult Blood Collection Instructions for Patients

### Patient Instructions:

- For accurate test results, apply samples from bowel movements collected on **3 different days**.
- Do not collect sample if BLOOD is visible in stool or urine (i.e. menstruation, active hemorrhoids, urinary tract infection). **Contact your doctor.**
- For the most accurate test results, collect each stool sample before contact with the water in the toilet. Any clean, dry container may be used.
- Return completed slides to your doctor or the laboratory no later than 12 days after your first sample collection.
- Protect slides from heat, light and volatile chemicals, (i.e. iodine, ammonia, bleach and household cleaners).

### Drug Guidelines:

- For **7 days** before and during the stool collection period, avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or aspirin (more than 1 adult aspirin a day).
- Acetaminophen (Tylenol\*) can be taken as needed.
- For **3 days** before and during the stool collection period, avoid Vitamin C in excess of 250 mg a day from supplements and citrus fruits and juices.

\*Tylenol is a registered trademark of McNeill Consumer Products.

### Diet Guidelines:

- For **3 days** before and during the stool collection period, avoid red meats (beef, lamb and liver).
- Eat a well-balanced diet including fiber such as bran cereals, fruit and vegetables.

Notes:

- Please talk to your doctor or pharmacist if you have any questions about medications taken regularly.
- 100% RDA of Vitamin C is 60mg a day.
- Some iron supplements contain Vitamin C in excess of 250mg.

### Method of Sample application:

- Complete all information listed on the front flap (including date of birth) of the ColoScreen slide.
- Open the front flap.
- Using the applicator provided, collect a small amount of stool specimen from the toilet on one end of the applicator. Apply a **very thin smear** in Box A.
- Reuse the applicator to obtain a second stool sample from a different part of the stool specimen. Apply a **very thin smear** inside Box B.
- On subsequent bowel movements, repeat above steps on additional slides.
- Allow the specimen(s) to air dry, then close the cover.
- Return the completed slide(s) to your doctor or laboratory as instructed.

**Complete information**



**Apply sample**

