

## Patient Instructions

# Stool for Occult Blood

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1. For accurate test results, apply samples from bowel movements collected on three different days to the cards (slides) provided by the laboratory or your physician's office. Your physician may request one sample only, but three is recommended.
2. Avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin for 7 days before and during the stool collection. Avoid vitamin C in excess of 250 mg per day and red meats (beef, lamb and liver) for 3 days prior to and during the stool collection. *Please speak with your physician about taking specific medications during stool collection.*
3. Do not collect stool if blood is visible in you stool or urine due to menstruation, active hemorrhoids, or urinary tract infection. Contact your physician.
4. Collect each stool sample before contact with the toilet bowl water. You may use any clean, dry container to obtain the stool.
5. With the stick or swab provided, wipe a portion of the stool on the two areas of the card (slide) "Box A" "Box B". Close the flap.
6. Label each slide with your Name/Last Four of your Social Security #/Date & Time of Collection / Requesting Physician's Name.
7. Protect the slides from heat, light, and volatile chemicals such as iodine, ammonia, bleach and household cleaners.
8. Return the completed slides to the laboratory no later than 14 days after your first sample is collected.

If you should have any questions, please contact the Laboratory Patient Care Services at (301) 754-7835.