

INSTRUCTIONS FOR OCCULT BLOOD COLLECTION

1. A meat-free, high residue diet is recommended starting the day before testing and continuing through the test period. Foods, which should be avoided 24 hours prior to specimen collection include: turnips, horseradish (Japanese daikon and wasabi), broccoli, cauliflower, radishes, rare beef, cabbage, potatoes, cucumbers, mushrooms, and artichokes.
2. If you are taking the following items...vitamin C, iron-rich supplements, and/or aspirin...they need to be discontinued TWO days prior to and during the testing period.
3. Collect a stool specimen directly into the specimen container provided. Try to avoid using a specimen that is contaminated with urine or blood from other sources. Collect one sample per day for three different days, or as instructed.
4. Open the testing card where it says "Lift to Open." **Note:** If the circles already appear to be blue this indicates the card is bad, and should not be used; return to lab to get new cards. Using the applicator stick provided, collect a very small portion of stool. Use the stick to color in one of the test circles on the card with specimen, by making a very thin smear on the center of the circle. From a different area of the stool specimen take another small piece and color in the second circle in the same manner.
5. Once this is done, close the flap on the card and label it with your name, your Sponsor's Social Security number, and date collected.
6. The cards should be kept at room temperature. **Note:** Protect the cards from heat and bright light (i.e., don't leave them in a hot car or lying directly in front of a window).
7. The cards must be returned to the lab within 4 days of collection. Specimens may be dropped off Monday through Friday 0730 – 1630.
8. If you have any questions, please contact the laboratory at 630-4408.