



Armstrong Center for  
Medicine and Health Hospital  
Laboratory Information: (724) 534-8123

## **OCCULT BLOOD SPECIMEN COLLECTION INSTRUCTIONS**

Your doctor has ordered a laboratory test, which will require you to follow food and medicine restrictions before and during testing.

For correct test results, you must follow these instructions carefully.

### **Food Guidelines:**

For 3 days before and during the collection period, do not eat:

- Liver, beef, lamb or pork
- Melons, cantaloupe, turnips, cauliflower, radishes, broccoli, cucumbers, horseradish or parsnips
- Citrus fruits and juices

You may eat well-balanced meals including:

- Small amounts of well-cooked chicken, turkey or fish.
- Plenty of vegetables (raw and cooked, except those noted above)
- Fruits such as prunes, plums, grapes, apples or bananas
- High fibre and bran products like cereals, peanuts or popcorn

### **Medicine Guidelines:**

**IMPORTANT: Speak to your doctor before you stop taking any prescribed Medicines.**

- For 7 days before and during the collection period do not take non-steroidal anti-inflammatory drugs such as ibuprofen (Advil®, Motrin®), naproxen or more than 325 mg of Aspirin® per day.
- Acetaminophen (Tylenol®) can be taken as needed.
- For 3 days before and during the collection period, do not have more than 250 mg of Vitamin C from vitamin and iron pills and avoid citrus fruits and juices

Other Precautions:

- Avoid alcohol for 7 days before and during the collection period.
- Do not collect samples if you have bleeding hemorrhoids or blood in your urine (pee). If you are having your menstrual period, do not collect samples until after you stop bleeding.
- Check the expiry date, in the green strip on the back of the card under the word "Expires" (e.g. 7/04 is July 2004). If past the expiry date, get a new card from the laboratory. **Please turn over for continued instructions.**



H O S P I T A L

Once you have collected a sample, open the front cover of the card. Do not open the back of the card. Use the stick provided to spread a thin smear of stool in Box A. Reuse the stick to get a second sample from a different part of the stool.

Spread a thin smear of stool in Box B.

4. Close the cover by putting the tab under the tab holder.

5. Print your first and last name, age, collection date and time on the front cover of the card.

If your doctor has ordered more than one sample, repeat the above steps for each test card you have been given. Collect samples from each new bowel movement.

What to do after collecting the sample(s):

- Store the cards at room temperature. Protect cards from heat, light and chemicals (iodine, ammonia, bleach and household cleaners).
- Take the cards and the requisition to the laboratory when all collections are finished (no later than 14 days after the first sample collection). Do not take cards to the doctor's office.