

CENTEGRA CLINICAL LABORATORIES
McHenry/Woodstock, Illinois

PATIENT INSTRUCTIONS

Test:
Occult Blood, Stool

Use this Container:
Occult Blood Card(s)

FOLLOW THE SPECIAL DIET PRIOR TO COLLECTION:

1. Follow the special diet below for 2 days prior to testing. If more than one test is ordered, continue the diet and collect the stool at least 24 hour apart.
2. Consult your physician before discontinuing medications or adhering to the diagnostic diet.
3. When multiple cards are collected, the cards may be returned to the physician's office or laboratory all at once after the final day of collections.

Foods, Drugs, Vitamins to Avoid:

- Red meat (beef, lamb) including processed meats and liver
- Any RAW fruits and vegetable (especially melons, radishes, turnips, and horseradish)
- Vitamin C in excess of 250 mg per day (CAUTION: Some iron supplements contain quantities of vitamin C that may exceed the 250 mg daily limit)
- Aspirin or other non-steroidal anti-inflammatory drugs (avoid for 7 days prior to and during the test period)

Food to Eat:

- Well-cooked pork, poultry, and fish
- Any COOKED fruits and vegetables
- High fiber foods (whole wheat bread, bran cereal, popcorn)

The following items may be included in the diet if the patient is unable to adhere to the diagnostic diet:

Moderate amounts of these raw fruits and vegetables:

Apples	lettuce	plums	apricots	
Oranges	raisins	bananas	peaches	
Raspberries	celery	pears	strawberries	tomatoes

Moderate amounts of alcoholic beverages

COLLECTION PROCEDURE:

1. Write the patient's name and date of collection in the space provided on the front of the card.
2. The stool specimen should be passed into a clean, dry container. A bedpan or toilet seat covered with plastic wrap to collect the specimen before placing it into the container.
3. Open the front of the card
4. Place a small amount of fecal (stool) material on the applicator stick and apply a thin smear inside Box A.
5. Reuse the applicator stick to obtain a second sample from a different part of the stool specimen and apply a thin smear inside of Box B.
6. Close the cover and store at room temperature.
7. Kept the cards at room temperature. Within 10 days return cards to the same location the cards were obtained i.e physician's office or laboratory.