



Patient Collection Information



Collection of a Specimen for Fecal Occult Blood

Your physician has requested that you collect a Fecal Occult Blood Sample. Please visit any of our laboratories to receive a “hat”, an applicator stick, and a Fecal Occult Blood card. On the front of the Fecal Occult Blood card please write your full name, date of birth, date, and time of collection. Your physician may want you to follow diet and/or drug restrictions. If you are unsure about following these restrictions you should consult your physician.

Diet Restrictions

1. For three days before and during stool collection period you should avoid red meats (beef, lamb, and liver).
2. Eat a well balanced diet including fiber such as bran cereals, fruits, and vegetables.

Drug Restrictions

1. For seven days before and during the stool collection period, avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or aspirin (more than one adult aspirin a day).
2. For three days before and during the stool collection period you should avoid Vitamin C in excess of 250 mg per day from supplements, citrus fruits, and juices.

Specimen Collection

1. This test requires only a small amount feces. You should collect a feces sample in the “hat” (this sits in between your toilet seat and lid) provided to you.
2. Open up the card given to you and apply a thin smear of feces to **Side A** using the applicator stick provided.
3. Then you can reuse the applicator to obtain a second sample from a different part of the feces. This should be applied to **Side B**.
4. Once you have a sample on both sides you can close the cover. This specimen should be kept at room temperature.
5. Your physician may order an Occult Blood x 3. These samples should be collected using 3 different cards on 3 different days.
6. Specimens should be brought to any of our sites after all of your samples have been collected.
7. If you have any questions please feel free to call the Laboratory at the numbers provided.

**St. Rita's Medical Center
Outpatient Express**
730 W. Market Street
Lima, OH 45801
Phone: 419-226-9035

Medical Office Building 4
750 W. High Street
Lima, OH 45801
Phone: 419-226-9021

East Side Urgent Care
967 Bellefontaine Ave.
Lima, OH 45804
419-96-5895

West Side Urgent Care
2195 Allentown Rd.
Lima, OH 45805
419-227-2245

**Delphos Ambulatory
Care Center**
1800 E. Fifth St.
Delphos, OH 45833
419-996-5030

**Putnam County Ambulatory
Care Center**
601 St. Route 224
Glandorf, OH 45848
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