



SOUTHERN ILLINOIS HEALTHCARE

Occult Blood Collection

1. Obtain *Sure View* collection card(s) from a laboratory collection site. Ensure each card contains the following information:
 - First and last name
 - Date of birth
 - Month, date, and year and time of collection
2. Stool should be collected in a clean, dry container to avoid contamination from urine and toilet paper. Use the specimen collection device provided by the lab.
3. When the stool is obtained, lift open the front side of the collection card.
4. With the applicator (wooden stick) apply a thin smear of stool inside square A
5. Apply a second smear of stool from another part of the bowel movement inside square B. The same end of the applicator may be used.
6. Close and seal the collection card.

If collecting more than one sample it is recommended that the specimens are collected on three consecutive days. The card(s) with sample may be stored at room temperature for up to 10 days.

Return card(s) to the laboratory as soon as possible. Please call the laboratory with any questions.

Dietary Guidelines

For 3 days before and during the stool collection:

- Avoid red meat, such as beef, lamb, and liver
- Avoid raw fruits and vegetables containing high peroxidase, such as turnips, broccoli, horseradish, cauliflower, cantaloupe, parsnips, and red radishes.
- Eat a well balanced diet including fiber, such as lettuce, spinach, carrot, corn, celery, apples, prunes, and bran cereals.
- Eat only small amounts of well cooked chicken, turkey, or tuna.
- A moderate amount of peanuts and popcorn is allowed.

Medication Guidelines

For 7 days before and during the stool collection:

- Avoid anti-inflammatory drugs, such as ibuprofen, aspirin, or naproxen.
- Avoid oral corticosteroids, indomethacin, reserpine, and phenylbutazone.
- DO NOT use any rectal medicines, such as suppositories.
- Avoid vitamin C in excess of 250 mg per day.