

## Patient Instructions for the Collection and Transport of Stool Specimens for Occult Blood Test

For your test to be as accurate as possible, please follow the dietary guidelines stated below. This diet should be started two days prior to testing and continued through the test period.

### **ALLOWED**

Generous portions of cooked and uncooked vegetables such as lettuce, corn and spinach  
Cauliflower, broccoli or cantaloupe  
Plenty of fruit  
Moderate amounts of bran cereal, peanuts and popcorn  
Tuna, chicken and turkey

### **NOT ALLOWED**

Rare and lightly cooked meats  
Radishes, turnips, horseradish  
Vitamin C in excess of 500 mg/day  
Iron supplements  
Aspirin (may cause bleeding)

Please consult your physician before discontinuing any prescription medications to conform to the diet above.

### **Stool Specimen Collection Instructions**

- Specimen can be collected by passing stool onto a clean paper plate, onto plastic wrap that is placed between the toilet seat and the toilet bowl or by using a commode pan.
- Specimen can be collected from an infant by use of a disposable diaper that is placed on the child inside out or the diaper can be lined with plastic wrap.

### **Stool Specimen Transport**

On the occult blood test card:

- a. Collect small stool samples on one end of the applicator stick.
- b. Apply a thin smear of stool to the left window on the test card.
- c. Obtain another stool sample from a different part of the same stool with the same applicator stick.
- d. Apply a thin smear of stool to the right window on the test card.
- e. Cover by inserting flap into tab.
- f. Retain cards at room temperature.
- g. Bring the test card to the laboratory for testing.

The Outpatient Laboratory at Central DuPage Hospital is open during the following days/hours:

Monday, Wednesday, Friday	6:30 am – 5:00 pm
Tuesday, Thursday	6:30 am – 6:30 pm
Saturday	8:00 am – 1:00 pm
Sunday	9:00 am – 12:00 pm

The Immediate Care Center Laboratories are open from 8:00 am to 8:00 pm daily, and are closed on holidays.

*The patient's name, date of birth, date and time of collection should be noted on the specimen container.*