



Patient Collection Instructions for Fecal Occult Blood

Drug Guidelines:

- 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).
- Acetaminophen (Tylenol) can be taken as needed.
- For three days before and during stool collection period **avoid** vitamin C in excess of 250 mg a day from supplements, and citrus fruits and juices.

Diet Guidelines:

- For **three** days before and during stool collection period **avoid** red meats.
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

Collection:

- You may use a clean, dry container to collect your sample. Collect sample before it contacts the toilet bowl water. Let stool fall into the collection container. If collecting multiple specimens, stool specimens should be collected on different days.
- Remove the occult blood slide from the paper envelope/bag. Using a ball-point pen, write your **full name** and **date of birth** on the front of the slide. **Do not tear the sections apart.**
- Open front of section 1. Use an applicator stick to collect a small sample of stool. Apply a thin smear covering BOX A. Collect a second sample from a different part of the stool with the same stick. Apply a thin smear covering BOX B. Discard stick into waste container.
- Close and secure the front flap of section 1. Store slide in any paper envelope.
- Return slide to your doctor's office. If collecting more than one sample, you may wait and deliver all of the slides to your doctor's office at the same time. Return no later than 14 days after your first sample collection.