

The test for fecal occult blood is a test for the presence of microscopic or invisible blood in the stool, or feces. Fecal occult blood can be a sign of a problem in your digestive system, such as a growth, or polyp, or cancer in the colon or rectum. If microscopic blood is detected, it is important for your doctor to determine the source of bleeding to properly diagnose and treat the problem.

Patient Preparation

1. Do not ingest the following foods, drugs, vitamins etc., for at least 4 hours prior to and continuing through the time the samples are collected. Ingesting these substances before and during collection of the samples could give false results.
 - ❑ red meat, including beef, lamb, processed meat and liver
 - ❑ raw fruits and vegetables, especially melons, radishes, turnips and horseradish
 - ❑ more than 250 mg of vitamin C per day, including excessive intake of citrus fruits and juices as well as iron supplements containing more than 250 mg of vitamin C
 - ❑ substances such as aspirin, ibuprofen, corticosteroids, indomethacin, anticoagulants, zomepirac, naproxen, tolmetin, phenylbutazone, respreine, antimetabolics, and cancer chemotherapy drugs. Alcohol in excess should be avoided for **7days** before and during specimen collection since they can irritate the gastrointestinal tract and cause bleeding.
2. Stool samples should not be collected if obvious rectal bleeding occurs, such as from hemorrhoids.
3. Women should avoid collecting the specimen during or in the first three days after a menstrual period.

Specimen Collection

1. Label the front of the Hemmoccult Slide with your name, date, and time of collection.
2. Pass the stool specimen into a **clean dry** container. A clean margarine tub, clean widemouth jar or a clean milk carton with the top cut off can be used. You may also raise the toilet seat, stretch plastic wrap across the bowl, just above the toilet water, place the toilet seat down and pass stool on to plastic wrap for collection.
3. Use an applicator stick to apply a **thin smear** of stool in **Box A**.
4. Reuse the applicator stick to obtain a second sample from a different area of the stool specimen. Apply a **thin smear** of stool inside **Box B**.

Close the slide's cover. Store the slides at room temperature and return the specimen to the laboratory as soon as possible. Protect the slides from heat, light, and volatile chemicals.

