Patient Instructions for Hemoccult® Collection

The physician has requested that a specimen be collected to screen for presence of occult blood. A Hemoccult II® Patient Kit has been provided.
1. For accurate test results, apply specimens from bowel movements collected on 3 different days to slide.
2. Do not collect specimen if blood is visible in stool or urine (eg menstruation, active hemorrhoids, urinary tract infection). Contact requesting doctor.
3. For most accurate test results collect each stool specimen before contact with toilet bowl water. May use collection tissue provided or any other clean, dry container.
4. Return completed slide to requesting doctor or laboratory no later than 14 days after first specimen collection.
5. Protect slide from heat, light, and volatile chemicals (iodine, ammonia, bleach, and household cleaners).
6. Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.

Drug Guidelines
1. For 7 days before and during stool collection period avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or aspirin (more than 1 adult aspirin a day).
2. Acetaminophen (Tylenol®) can be taken as needed.
3. For 3 days before and during stool collection avoid vitamin C in excess of 250 mg a day from supplements, citrus fruits, and juices.

Diet Guidelines
1. For 3 days before and during stool collection period, avoid red meats (beef, lamb, and liver).
2. Eat a well balanced diet including fiber such as bran cereals, fruits, and vegetables.

Note:
1. Please talk to the doctor or pharmacist if you have any questions about medications you are taking.
2. 100% of RDA of vitamin C for an adult is 60 mg a day.
3. Some iron supplements contain vitamin C in excess of 250 mg. Remove slide from paper dispensing envelope.

Before proceeding please read and follow patient instructions above. Hemoccult II® Patient Kit contains: 1 Hemoccult II® Slide (test card), flushable collection tissue, applicator sticks, mailing pouch, patient instructions, and biohazard bag.

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1. Remove slide from paper dispensing envelope. Using a ball point pen, write your name, age, and address on front of slide. Do not tear sections apart.
2. Fill in specimen collection date on section 1 before a bowel movement. Flush toilet and allow to refill. Unfold flushable collection tissue and float it on surface of water. A clean, dry container may also be used to collect specimen.
3. Open front of section 1. Use 1 stick to collect a small specimen. Apply a thin smear covering Box A. Collect second specimen from different part of stool with same stick. Apply a thin smear covering Box B. If used, flush collection tissue; discard stick in waste container. Do not flush stick.
4. Close and secure front flap of section 1 by inserting it under tab. Store slide in paper envelope until next day. Important: This allows specimen to “air dry”. Do not place sampled slide in any moisture-proof material such as plastic bags. Do not store slide in refrigerator at any time.
5. Repeat steps 2 to 4 for next 2 days, using sections 2 and 3. After completing last section, store slide to dry in paper envelope overnight. Next day, remove slide from paper envelope and place in mailing pouch. Seal pouch carefully, apply postage and mail or place in biohazard bag and immediately return to doctor or laboratory.

Note: Current U.S. Postal Regulations prohibit mailing completed slide in this paper envelope and any other standard paper envelope. Specimen, if mailed, must be mailed in mailing pouch provided in collection kit.