



Occult Blood Testing

PURPOSE OF TEST

Your doctor has ordered a test to determine if there is blood in your stool. Depending upon the test your doctor has ordered, the collection device may be a card or a tube. Instructions for your specific test are included in the kit provided to you.

The OC Light FIT test which has a tube for the collection device **does not** require any dietary or medicine restriction. The Hemocult test which has a card for the collection device, *does* require dietary restrictions which are noted below. The dietary restrictions should be followed for at least 48 hours prior to and during the collection period. The diet is designed to prevent a false positive test due to the food you have eaten.

SPECIAL DIET INSTRUCTIONS - **for Hemocult (card) test only**

Foods that are OK to eat:

- Well cooked pork and fish, cooked fruits and vegetables, high fiber foods (Whole wheat bread, bran cereal, popcorn)

Foods, vitamins, and drugs to **AVOID**:

- Red meat (beef, lamb) including processed meats and liver, any raw fruits or vegetables (especially melons, radishes, turnips and horseradish), Vitamin C in excess of 250 mg per day. Aspirin or other NSAIDs (non-steroidal anti-inflammatory drugs) should be avoided 7 days prior to and during the test period.

LABELING THE SPECIMEN

Using a ballpoint pen, legibly print your full name, DOB, and the collection date on the sample device (card or tube).

COLLECTION OF SPECIMENS

Each kit includes instructions on the proper collection for the test. Instructions for the card may be different than the tube test. Please follow the instructions included in your kit.

1. Do not collect samples during, or until three days after your menstrual period, **OR** while you have bleeding hemorrhoids, **OR** while blood is in your urine.
2. Protect the collection device from heat, light, and volatile chemicals (e.g. Iodine or bleach).
3. If using the card test, please keep the cover of the card closed when not in use.
4. Follow the special diet instructions for at least 48 hours before collecting the first stool sample for the card test. Diet instructions are not necessary with the tube test.
5. The collection tissue can be safely flushed in the toilet. Any other collection materials such as wooden sticks or plastic scoops can be discarded in a waste container. **DO NOT FLUSH ANY OF THE COLLECTION MATERIALS.**
6. Store the card(s) in the paper envelope (not the return envelope) to allow completed card to air-dry overnight.
7. After the last completed card has air-dried overnight, remove all cards from the paper envelope and place in the mailing pouch provided.

STORAGE OF SPECIMEN

Each kit envelope is pre-labeled with the laboratory address and pre-paid postage.

DELIVERY TO LAB

Before sealing the mailing pouch to return your sample to the lab, please make certain your name, DOB, and collection date are noted on the sample device (card or tube). If your kit was provided to you by your physician, please include the physician order along with your sample device. If your kit was provided to you by one of our Patient Service Centers (PSCs), the physician order will not be needed. The mailing pouch can be mailed or hand-delivered to any PSC. If you have any questions about the test or the sample collection, please contact our Client Services department at 219-989-3700 or 800-937-5521.

