

OCCULT BLOOD TESTING

Please follow the diet listed below for **48 hours** before collecting a sample for occult blood testing. Doing so may increase the accuracy of the test as some food items may cause false positive or false negative results.

It is also important to avoid collecting samples when there is obvious rectal bleeding (e.g. when hemorrhoids are present) or during or in the first three days after a menstrual period.

Foods to Eat:

Well-cooked pork, poultry and fish.
Any cooked fruits and vegetables
High fiber foods (e.g. whole wheat bread, bran cereal, popcorn).

Foods, Drugs, and Vitamins to Avoid:

Red meat (beef, lamb), including processed meats and liver.
Any raw fruits and vegetables (especially melons, radishes, turnips and horseradish).
Vitamin C in excess of 250 mg per day (check out your multivitamin)
Aspirin or other non-steroidal anti-inflammatory drugs such as Aleve, Motrin, etc. Avoid these
Medications for seven days prior to sampling.

Items that may be included in the diet:

apples	lettuce	plums	celery
apricots	oranges	raisins	pears
bananas	peaches	raspberries	strawberries
tomatoes			

Sample collection:

The Hemoccult test requires only a small fecal sample. The sample may be collected from the toilet bowl with the aid of a container or toilet tissue.

1. Collect a **small** fecal sample on one end of the applicator.
2. Apply a **thin** smear inside Box A.
3. Reuse the applicator to obtain a second sample from a different part of the stool.
Apply a **thin** smear inside Box B.
4. Close the cover.
5. Fill out the enclosed label and place on the front cover of the card.
6. Place the card in the plastic bag provided and return to the lab.

Please do *NOT* return the applicator stick(s). You may throw these away.

Thank you. If you have questions, ask your physician or call 503-561-5288