

# North Bay Regional Health Centre

Laboratory – Biochemistry Department

## **Stool Collection Instructions for Occult Blood**

### **Please note:**

- The occult blood test looks for very small amounts of blood in your stool.
- If you are bleeding from a condition such as hemorrhoids or menstruation that could contaminate your stool with blood, then you should not be tested while the bleeding is active.

### **Drug and Diet Restrictions:** (Some food and drugs interfere with this test.)

- Avoid non-steroidal anti-inflammatory drugs such as ibuprophen (Motrin, Advil), naproxen or aspirin (more than one adult aspirin a day) for seven days before and during the stool collection period. Acetaminophen (Tylenol) can be taken as needed.
- Avoid vitamin C in excess of 250 mg a day from supplements, citrus fruits or juices for three days before and during the collection period
- Avoid red meats (beef, lamb and liver) for three days before and during the collection period. Eat a well balanced diet including fibre such as bran cereals, fruits and vegetables.
- Please talk to your doctor or pharmacist if you have any questions about medications you take regularly.

### **Collection instructions:**

1. Complete the information requested on the test kit label. Make sure you include your full name and date of birth on the front of the slide and on each section. Do not tear the sections apart.
2. Fill in sample collection date on section #1 just prior to a bowel movement.
3. Pass urine into the toilet if you feel the need.
4. Collect stool on a dry, clean surface such as a disposable wide mouth container, bedpan or plastic wrap stretched over the toilet bowl. Do not let stool come in contact with toilet water.
5. Open front of section #1. Use one stick to collect a small sample. 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 in a waste container. Do not flush it down the toilet.
6. Close and secure front flap. **Store slide at room temperature and protect from light** in the paper envelope until the next day.
7. Repeat steps 2-6 for the next two days using section #2 and #3. After completing the last section return and register all three (3) slides to the laboratory as soon as possible during operating hours Monday to Friday 8:00 am to 2:30 pm.

**Outpatient samples will not be accepted outside of these hours.**

**If you need further information, please contact the laboratory at  
705-474-8600 ext. 2935**