

2023

Stool Collection for Occult Blood

Pathology and
Laboratory Medicine
Halifax Area

Instructions

- Before starting, read the important notes on the back of this pamphlet.
- Your primary health care provider (family doctor or nurse practitioner) has given you a form to have this test done. This form is called a **requisition**.
- Start when you have **3 days in a row** that are routine (you plan to get up at the same time and have no special plans).
- Use only the collection kit given to you by your primary health care provider, local lab, or blood collection clinic.
- Keep the collection kit away from heat and light between collections.
- Only use a ballpoint pen when writing on the collection kit.
- Bring the collection kit and requisition to an approved drop-off site **as soon as you can after you finish the collection on day 3** (see back cover for sites).

Please see back cover for site locations and hours.

Day 1

1. Write your **full name and date of birth, health card number, and the time and date** on the front of section 1 of the collection kit **and** on the requisition:

The World Leader In Occult Blood Testing

BECKMAN
Coulter

Hemoccult II

SERIAL TEST FOR ROUTINE SCREENING
FOR FECAL OCCULT BLOOD

1

PATIENT NAME _____ AGE _____

Healthcard#:

Date:

Time:

STORE AT CONTROLLED ROOM TEMPERATURE.

Open tab only
when ready to use

IVD

2. Collect your stool (poop) in a clean, dry container. **Do not let your stool touch any urine (pee) or the toilet water.**
3. Open the front of the kit (see image above) by pulling up on the green tab on section 1.

4. Use one of the sticks in the kit to take a small collection of stool. Put a thin smear in box A.
5. **With the same stick**, take a small collection from a different part of the stool. Put a smear in box B.
6. Put the stick in the garbage.
7. Close the flap and put the green part under the semi-circle tab.

Day 2

1. Repeat all steps from day 1, using **section 2** of the kit.

Day 3

1. Repeat all steps from day 1, using **section 3** of the kit.

Make sure the collection kit is labelled with:

- › Your **full name and date of birth**
- › Your **health card number**
- › **Date and time of each stool collection**



Important notes

Some drugs and foods can affect this test.

7 days before collecting your stool, stop taking these drugs:

- › Aspirin, ibuprofen, indomethacin, and naproxen

7 days before collecting your stool, talk to your primary health care provider about stopping these drugs:

- › Corticosteroids
- › Anticoagulants (like warfarin, Coumadin[®], heparin, and Fragmin[®])
- › Antimetabolites
- › Cancer chemotherapy drugs

For 3 days before collecting your stool:

- **Eat balanced meals with high fibre** (like bran cereal, vegetables).
- **Stop eating and drinking the following:**
 - › Citrus fruit (like oranges, lemons, grapefruit), whole or juiced
 - › Red meat (like beef, lamb, liver), meat drippings, gravy
 - › Turnips
 - › Horseradish
 - › Alcohol
 - › Any pills or supplements with vitamin C or iron
- **Do not** eat any of the foods or take any of the drugs listed above, or drink alcohol until you have collected your stool 3 times.

Each **requisition** must have:

- › Your **full name and date of birth**
- › Your **health card number**
- › Your **primary health care provider's full name and address**
- › **Date and time of each stool collection**

24-hour access for drop-offs available in Halifax:

QEII Health Sciences Centre
Central Specimen Accessioning
5788 University Avenue
Main floor, Mackenzie Building

Or drop off your filled collection kit at your local lab. For lab hours and addresses:

Visit: www.nshealth.ca

Phone: 902-473-2266

Email:

DPLMCustomerService@nshealth.ca

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The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.