



Patient & Family Guide  
2019

# Stool Collection for Occult Blood

South Shore  
Regional Hospital



[www.nshealth.ca](http://www.nshealth.ca)

# Stool Collection for Occult Blood

## Instructions

- **You must follow the special rules in the next section.**
- Start when you have 3 days in a row that are quite routine (you have no special commitments). Samples must be collected on 3 separate days.
- Do not collect samples if you can see blood in your stool (poop) or urine (pee) (e.g., you are menstruating, have bleeding hemorrhoids, or have a urinary tract infection).
- Your doctor has given you a form for this test. This form is called your **requisition**.
- Use only the collection kit given to you by your doctor, local lab, or blood collection clinic.
- Use only a ballpoint pen when writing on the collection kit.
- Samples that are not labelled correctly or do not have a complete requisition form will not be tested.
- Keep the collection kit away from heat, light, and chemicals (e.g., household cleaners) between collections.
- Bring the collection kit and requisition to an approved drop-off site **as soon as possible after you finish the collection on day 3** (see page 5 and back cover for sites) and no later than 14 days after the first collection.

## Special rules

- Some drugs and foods can affect this test.
- 7 days before collecting your stool and during the collection period, **stop taking these drugs:**
  - › aspirin, ibuprofen, indomethacin, and naproxen. Acetaminophen (Tylenol®) is OK.
- You **must** talk to your doctor about stopping these drugs 7 days before collecting your stool:
  - › corticosteroids
  - › anticoagulants (such as warfarin, coumadin, heparin, or fragmin)
  - › antimetabolites
  - › cancer chemotherapy drugs
- For 3 days before you collect your stool and during the collection period, **eat a balanced diet with high fibre** (e.g., bran cereal, vegetables).
- For 3 days before you collect your stool and during the collection period, **stop eating or drinking the following:**
  - › citrus fruit or juices
  - › red meat (beef, lamb, liver), meat drippings, gravy, turnip, horseradish
  - › alcohol
  - › any supplements or pills with vitamin C or iron
- Do not start to take any drugs, eat the foods listed above, or drink alcohol until you have collected your 3 stool samples.

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



Collect your stool in a clean, dry container. Do not let it touch the water in the toilet.

Open the front of the kit by pulling up on the green tab on section 1.

<p>DAY 1 cont.</p>	<p>Use one of the sticks in the kit to take a small sample and put a thin smear in box A.</p> <p>With the same stick, take a small sample from a different part of the stool and smear box B.</p> <p>Throw the stick in the garbage.</p> <p>Close the flap and insert the green part under the semi-circle tab.</p> <p>Put the card in the envelope provided in the ziplocked part of the plastic bag.</p> <p>Put the requisition in the pouch of the plastic bag.</p>
<p>DAY 2</p>	<p>Repeat all steps from day 1, using section 2 of the kit.</p>
<p>DAY 3</p>	<p>Repeat all steps from day 1, using section 3 of the kit.</p>

Make sure the collection kit is labelled with your name, health card number, and dates and times of collection.

- Each **requisition** must have:
- › Your **full name and date of birth**
  - › Your **health card number**
  - › Your **doctor's full name and address**
  - › **Start and end dates and times** for each stool collection

Samples that are not labelled correctly or do not have a complete requisition will not be tested.

**Take the sample to one of the following Nova Scotia Health Authority Laboratory Services locations:**

**South Shore Regional Hospital**

Main Floor

90 Glen Allan Drive

Bridgewater NS B4V 2S6

Phone: 902-527-5261

Hours: Monday-Friday, 7-11 a.m.

Registration: Monday-Friday, 6:45-10:45 a.m.

**Fisherman's Memorial Hospital**

2nd Floor

14 High Street

Lunenburg NS BOJ 2C0

Phone: 902-634-8801

Hours (including Registration): Monday-Friday,

7:30-11:30 a.m.

**Queen's General Hospital**

1st Floor

175 School Street

Liverpool NS BOJ 1K0

Phone: 902-354-3436

Hours (including Registration):

Monday-Friday, 7:30-11:30 a.m.

(Please see back cover for more locations.)

# North Queen's Health Centre

9698 Highway 8

Caledonia NS B0T 1B0

Phone: 902-682-2533

Hours (including Registration):

Wednesdays, 7:30-10:45 a.m.

# Our Health Centre

3769 Hwy 3

Chester NS B0J 1J0

Phone: 902-275-2830

Hours (including Registration):

Tuesdays and Thursdays, 7:30-10:45 a.m.

### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Pathology & Laboratory Medicine,*

*South Shore Regional Hospital*

*Designed by: NSHA Library Services*

The information in this brochure 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.

QY85-1994 © June 2019 Nova Scotia Health Authority

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