

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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Designed by: Nova Scotia Health Library Services

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QY85-1676 © April 2023 Nova Scotia Health Authority

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

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:



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**