Stool Collection for Occult Blood

Pathology and Laboratory Medicine
Halifax Area

www.nshealth.ca
Stool for Occult Blood

Instructions

• You must follow the special rules on the back of this pamphlet.
• Start when you have 3 days in a row that are quite routine (you have no special commitments).
• 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.
• Keep the collection kit away from heat and light 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 back cover for sites).

What are your questions?
Please ask. We are here to help you. Please see back cover for contact information.
Write your full name, 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 (poop) 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.
<table>
<thead>
<tr>
<th>DAY 1 cont.</th>
<th>Use one of the sticks in the kit to take a small sample and put a thin smear in box A. With the same stick, repeat this from a different part of the stool and smear box B. Throw the stick in the garbage. Close the flap and insert the green portion under the semi-circle tab.</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAY 2</td>
<td>Repeat all steps from day 1, using section 2 of the kit.</td>
</tr>
<tr>
<td>DAY 3</td>
<td>Repeat all steps from day 1, using section 3 of the kit.</td>
</tr>
</tbody>
</table>

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

• Some drugs and foods can affect the stool test for occult blood.
• 7 days before collecting your stool, stop taking these drugs:
  › Aspirin, ibuprofen, indomethacin and naproxen
• 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, eat a balanced diet with high fibre (like bran cereal, vegetables).
• For 3 days before you collect your stool, stop eating or drinking the following:
  › Citrus fruit or juices
  › Red meat (beef, lamb, liver), meat drippings, gravy
  › Turnip and 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.
Each requisition must have:
› Your full name and date of birth
› Your health card number
› Your doctor’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 sample at your local lab. Hours and addresses vary. Check www.nshealth.ca for more information.
Phone: 902-473-2266
Email: DPLMCustomerService@nshealth.ca

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