Stool Collection for Occult Blood

South Shore Regional Hospital

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: |

![](image)

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.
DAY 1 cont.

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, take a small sample from a different part of the stool and smear box B.

Throw the stick in the garbage.

Close the flap and insert the green part under the semi-circle tab.

Put the card in the envelope provided in the ziplocked part of the plastic bag.

Put the requisition in the pouch of the plastic bag.

DAY 2

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

DAY 3

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

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 1KO  
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.

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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

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The information is not intended to be and does not constitute health care or medical advice.  
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The information in this pamphlet is to be updated every 3 years or as needed.