

- **3 days before collecting your stool:**
 - › **Eat balanced meals with high fibre** (like bran cereal, fruits, vegetables).
 - › **Stop eating and drinking:**
 - › Citrus fruit (like grapefruit, lemons, oranges, tangerines), 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 medications 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 stool collection

- **You can drop off specimens (also called samples) in Halifax 24 hours a day, 7 days a week at:**
Central Specimen Accessioning
QE II Health Sciences Centre
5788 University Avenue
Main floor, Mackenzie Building
- **You can also drop them off at your local lab.**
 - › Check www.nshealth.ca for lab addresses and hours.
 - › Phone: 902-473-2266
 - › Email: DPLMCustomerService@nshealth.ca

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Designed and Managed by: Library Services

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2026

Stool Collection for Occult Blood

Pathology and Laboratory Medicine, Halifax Area

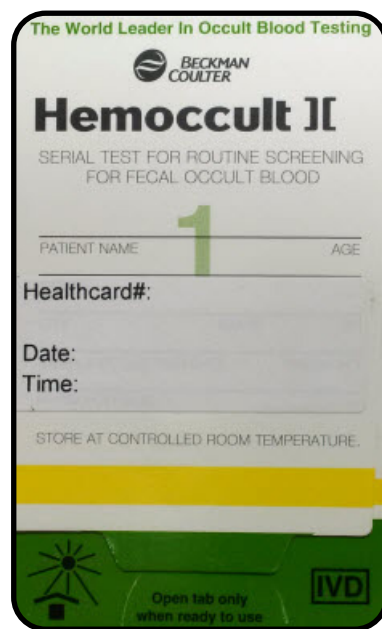
Instructions

- **Before starting**, read the important guidelines on the back of this pamphlet.
- Your health care provider has given you a form to have this test done. This form is called a **requisition**. **You must bring your requisition to the drop-off site with your full collection bottle(s).**
- Start when you have **3 days in a row** that are routine (you plan to get up at the same time each day 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 light and heat.
- Use a pen that will not smudge to print on the collection kit.
- Bring the collection kit and requisition to an approved drop-off site **as soon as you finish the collection on Day 3.**

Please see back cover for site information.

Day 1

1. Write your **full name, date of birth, health card number, and the date and time** on section 1 of the collection kit and 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) by pulling up on the green tab on section 1.
4. Use 1 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 thin smear in box B.
6. Put the stick in the garbage. Wash your hands.
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 stool collection

Important guidelines

- Some foods and medications can affect this test.
- **7 days before collecting your stool, stop taking these:**
 - › Aspirin®
 - › Ibuprofen
 - › Indomethacin
 - › Naproxen
- **Talk to your primary health care provider about stopping these medications for 7 days before collecting your stool:**
 - › Corticosteroids
 - › Anticoagulants (like warfarin, Coumadin®, heparin, and Fragmin®)
 - › Antimetabolites
 - › Cancer chemotherapy drugs