

## Drop-off sites:

Drop-off sites are closed on holidays.

### South Shore Regional Hospital

Main floor  
90 Glen Allan Drive  
Bridgewater NS B4V 2S6

- **Drop-off hours:**
  - › 7 a.m. to 2 p.m. (Mon-Fri)
  - › When you arrive, take a Q-matic ticket.
- **Closed:**
  - › 8:30 a.m. to 9 a.m.
  - › 11:30 a.m. to 12 p.m. (noon)

### Fisherman's Memorial Hospital

1<sup>st</sup> floor registration  
14 High Street  
Lunenburg NS BOJ 2C0

- **Drop-off hours:**
  - › 7:30 a.m. to 2 p.m. (Mon-Thurs)
  - › 7:30 a.m. to 11 a.m. (Fri)
  - › When you arrive, take a Q-matic ticket.
- **Closed:**
  - › 9 a.m. to 9:30 a.m.
  - › 11 a.m. to 12 p.m. (noon)

### Queen's General Hospital

1<sup>st</sup> floor  
175 School Street  
Liverpool NS B0T 1P0

- **Drop-off hours:**
  - › 9 a.m. to 11:30 a.m.
  - › 12 p.m. (noon) to 2 p.m. (Mon-Fri)
  - › When you arrive, take a Q-matic ticket.
- **Closed:** 11:30 a.m. to 12 p.m. (noon)

### North Queen's Health Centre

9698 Highway 8  
Caledonia NS B0T 1B0

- **Drop-off hours:**
  - › 7:30 a.m. to 10:45 a.m.  
(every second Wed)

### Our Health Centre

3769 Highway 3  
Chester NS B0J 1J0

- **Drop-off hours:**
  - › 7:30 a.m. to 10:45 a.m. (Thurs)

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

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.

*Prepared by:* Pathology and Laboratory Medicine,  
South Shore Regional Hospital  
*Designed and Managed by:* Nova Scotia Health Library  
Services

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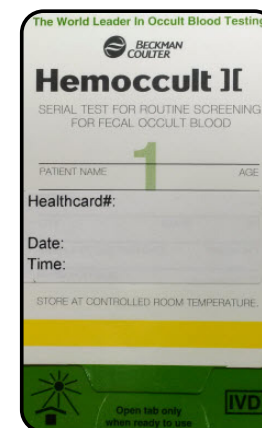
2025

# Stool Collection for Occult Blood

## South Shore Regional Hospital

Your collection sample will not be tested if:

- › it is not labelled correctly.
- › your requisition is not filled out.



## Instructions

- Your primary health care provider (family doctor or nurse practitioner) has given you a form for this test. This form is called your **requisition**.
- Start your stool (poop) collection 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). Your samples must be collected on 3 separate days.
- 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, light, and chemicals (like household cleaners).
- **Do not collect samples if you:**
  - › can see blood in your stool or urine (pee).
  - › have your period.
  - › have bleeding hemorrhoids.
  - › have a urinary tract infection (UTI).
- Use a pen that will not smudge to print on the sample label. **If lab staff cannot read what you wrote on the card label, your collection will not be tested.**
- Bring the collection kit and requisition to an approved drop-off site **as soon as you finish the last sample collection on Day 3** (see back cover for sites). Drop-off your sample and requisition **no later than 14 days (2 weeks)** after the Day 1 collection.

## Important

Some drugs and foods can affect this test.

- **7 days (1 week) before collecting your stool, and during the collection period, do not take:**
  - › Aspirin® (no more than 1 adult tablet once a day), ibuprofen (Advil®), indomethacin, and naproxen. Acetaminophen (Tylenol®) is OK.
- **Do not take any new medications.**
- **7 days before collecting your stool, talk to your primary health care provider if you are taking:**
  - › Corticosteroids, anticoagulants (like warfarin, coumadin, heparin, or fragmin), antimetabolites, and cancer chemotherapy drugs
- **3 days before collecting your stool and during the collection period:**
  - › **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

## Day 1

1. Print your **full name and date of birth, health card number, and the collection date and time** on the collection card and requisition.

2. Collect your stool in a clean, dry container. **Do not let your stool touch any urine or the toilet water.**
3. Open the front of the kit (see image on front cover) 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.
8. Put the card in the envelope and put it in the ziplocked part of the plastic bag. Put the requisition in the pouch of the plastic bag.
9. Keep the samples at room temperature. **Do not** put them in the fridge.

## Day 2

1. Repeat all steps from Day 1, using the **second card** of the kit.

## Day 3

1. Repeat all steps from Day 1, using **third card** of the kit.

**If you have been asked to collect a sample and you are having trouble, call your primary health care provider.**