

Return Specimen
Cards, Requisition
and this form to
Westman Regional
Laboratory
Outpatient Collection
Centre.

WESTMAN REGIONAL LAB

**Patient
Instructions
for
Collection
of Feces
Occult
Blood
Specimens**

Patient Name:

PHIN Number:

Physician Name:

Facility:

Patient: Please ensure collection date
and time is written on both this
brochure and on the collection slides

Collection Date(s):

Day 1:

Day 2:

Day 3:



Westman Regional Laboratory

Unit 1 – 150 McTavish Avenue East
Brandon, Manitoba
Phone (204) 578-4440
Fax (204) 578-4867

References:

- Beckman Coulter Hemocult
Sensa Patient Instructions:
<http://www.beckmancoulter.com/literature/ClinDiag/462489-E.pdf>
- DSM Fecal Occult Blood
Testing Procedure 110-10-19

April 2009

INTRODUCTION

Your physician has requested that you collect stool for occult blood testing as part of your care. The information your doctor gets from these samples is only as accurate as the collection procedure. It is important that you collect the stool specimens as outlined below.

PREPARATION BEFORE TAKING THE SAMPLE

As part of the testing, you will be required to follow food and medicine restrictions before and during testing.

AVOID THE FOLLOWING:

7 days prior to collection:

- No non-steroidal anti-inflammatory drugs such as ibuprofen (Motrin, Advil), Naproxen or Aspirin (no more than 325 mg/day)

3 days prior to collection:

- No red meat including beef, lamb or liver
- No more than 250 mg Vitamin C a day, including those from supplements and orange or grapefruit juice.

YOU MAY EAT WELL-BALANCED MEALS INCLUDING:

- Small amounts of well-cooked chicken, turkey, pork and fish.
- Plenty of fruits and vegetables (except citrus fruits).
- High fibre foods and bran products like cereals, popcorn and peanuts
- Acetaminophen (Tylenol) can be taken as needed.
- Only one adult Aspirin (325 mg) per day

Additional Precautions:

- Avoid alcohol both 7 days prior to and during the collection period.
- Do not collect samples if you have bleeding hemorrhoids or blood in your urine.
- Do not collect samples if you are menstruating. Start collection after you stop bleeding.
- **Speak to your doctor before you stop taking any prescribed medicines.**

Please read complete instruction prior to starting.

COLLECTION

1 . Write your full name and the collection date and time on the Hemocult Sensa Card. Open the front tab, same side as name. **Do not open the back of the card.** Place card in dry area.



2 . Empty your bladder. Flush toilet. Place a 2-foot piece of plastic wrap (not included) under the seat, but suspended over the water of the toilet. Have a bowel movement. A bowel movement into a clean container, such a margarine container, is also an acceptable method for collection of specimen.



3 . Obtain a small stool sample with provided applicator stick. Apply a thin smear in **Box A.**



4 . Reuse same applicator stick to obtain a 2nd sample from a **different part of the stool. Apply a thin smear in **Box B**.**

5 . Flush tissue and stool ONLY. Discard stick and plastic wrap in waste container.

6 . Close flap. Store Test Card in envelope provided at room temperature. Do not store in a plastic bag.

7 . Repeat steps 1 through 6 for Days 2 and 3. Return Test Card, Requisition and this form back to Westman Lab Outpatient Centre , no later than 5days after the 1st collection.