

Patient Instructions for Stool Blood Test

- If you have questions, please call
281-357-0747



PLEASE NOTE

- You will collect stool samples on three different days.
- Do not take Ibuprofen, Naproxen or Aspirin seven (7) days before the test. Tylenol may be taken. Avoid high doses of Vitamin C 250 mg is sufficient.
- Do not eat red meats (beef, liver, lamb) three (3) days before and during the test.

Before You Start the Test

- Take one Collection Card out of the envelope.
- Write your name and birthday and collection date on the front of each card.



DO NOT TAKE THE TEST

- Three days before, during or after your period.
- If you have bleeding hemorrhoids, blood in urine, open cuts on hands, or strained bowel movements the same day.



Day 1: Doing the Test

- You will collect two samples from the same stool.
- Do not collect stool sample from toilet bowl water.
- If available, use gloves to collect sample.

1. URINATE BEFORE YOUR BOWEL MOVEMENT.

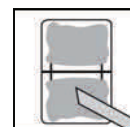
2. COLLECT THE STOOL IN A CLEAN, DRY CONTAINER. SUCH AS:

- Paper plate
- Small cardboard box
- Bucket lined with plastic bag



3. OPEN THE COLLECTION CARD

- Use one of the sticks to take a **very small stool** sample.
- Apply a **very thin smear** of stool on the top half of the window.
- Use the other end of the same stick to take a second sample from a different part of the stool.
- Put a **very thin smear** of the stool on the bottom half of the window.
- Close the flap.



You are done with the first sample!

Handling the Sample

- Throw away the stick in a wastebasket and the rest of the stool in the toilet.
- Allow the sample to air dry overnight at room temperature (for example, inside a cabinet). Does not need to be refrigerated.

Days 2-3: Completing the Test

- Use the other two Collection Cards to collect samples on two more days.
- Repeat Steps 1-3 from Day 1
- Allow each Collection Card with the sample to dry overnight.



After the Test

- Put all three Collection Cards into the specimen bag.
- Bring the completed Collection Kit to your clinic.



You have finished the test!

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