



Patient Instructions

Stool for Occult Blood – Hema-screen™ II Test Card

Your doctor has requested that you have stool for occult blood performed. In order to produce a meaningful laboratory test result, you must follow these instructions.

Before you start:

- Do not collect specimen during or until three days after your menstrual period, or while you have bleeding hemorrhoids or blood in your urine.
- Continue to eat your normal diet and take your regular prescribed medications.
- For three days before and during the stool collection period do not take vitamin C supplements and limit your intake of citrus fruits to one fruit or ½ cup juice per day.
- Avoid iron supplements that contain vitamin C.

Collection instructions:

1. Using a ball point pen, print your full name as it appears on your health card, and your date of birth (yyyy/mm/dd) on the back of the test card.
2. Collect two samples from your stool on three different days. Under each flap there are two small areas, Area I and Area II, on which to smear your stool sample.
3. Write the sample collection date on flap #1 just prior to a bowel movement.
4. Flush toilet to clear the bowl. Do not collect samples in toilets that use bowl cleaners such as bluing agents.
5. Use a clean, dry, disposable container to collect the stool. Collect sample before it contacts the toilet bowl water. Let stool fall into collection container.
6. Open flap #1. Use one applicator stick to collect a small sample of the stool. Apply a **thin smear** covering Area I. Collect second sample from a different part of the stool with the same stick. Apply a **thin smear** covering Area II. Close and secure front flap.
7. Discard applicator stick in a waste container. Flush the rest of the stool down the toilet and discard the container (capped or wrapped in plastic wrap) in a waste container.
8. Place the test card in the foil envelope and store at room temperature until the next day.
9. Repeat steps 3-8 for the next two days using flaps #2 and #3. Write the collection dates on the corresponding flap of the test card.

After sample collection:

- Place **only the test card** inside the foil envelope. Do not seal.
- Keep the test card in the foil envelope at room temperature.
- Drop off the envelope and completed laboratory requisition within 10 days of collecting your first stool sample.