

Collection of Stool for Occult Blood Test Colon Cancer Check (CCC) and Non CCC Program

The following collection instructions are intended to help you collect the correct specimen for the test your clinician has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection.

Notes:

The occult blood test looks for very small amounts of blood in your stool. **Do not** collect specimens during or until three (3) days after your menstrual period, or while you have bleeding hemorrhoids or blood in your urine.

Before You Start:

- Continue to eat your normal diet and take your regular prescribed medications.
- For three (3) 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 of juice per day.
- Avoid iron supplements that contain Vitamin C.

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. You will need to collect two samples from your stool on three (3) 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 the stool fall into the collection container.
6. Open flap #1. Use one applicator stick to collect a small sample. 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 stick in a waste container. Flush the rest of the stool down the toilet. Wrap the collection container in a disposable bag and discard.
8. Place the test card in the foil envelope and keep at room temperature until the next day.
9. Repeat steps 3-8 for the next two days using flaps #2 and #3.
10. Remember to wash your hands well after collecting the specimen.
11. **Keep the test kit at room temperature and protect the kit from light.**

Colon Cancer Check Program (Green Card)

- Place only the test card inside the foil envelope; remove adhesive liner and seal tightly.
- Place the foil envelope and the **completed requisition form** in the pre-addressed, postage-paid envelope.
- Mail it or drop it off at the nearest LifeLabs location within 10 days of collecting your **first** stool sample.

Non-CCC Program (Red Card)

- Bring the completed test kit and requisition form back to a LifeLabs location within 10 days of collecting your **first** stool sample.