

PATIENT INSTRUCTIONS FOR FECAL OCCULT BLOOD TESTING (SERACULT®)

EXPLANATION OF TEST:

You have been asked to collect stool specimen(s) to test for fecal occult blood. Screening tests for occult (hidden) blood have been used by physicians to detect and assist in diagnosing various gastrointestinal conditions. Remember that this is only a screening test, and does not provide conclusive evidence of any disease state. Therefore, follow-up care provided by your physician is essential.

PATIENT PREPARATION:

Two days prior and throughout the collection of stool specimens, you should be on a meat-free low peroxidase diet to reduce the possibility of false positive indications.

You may eat:

- Generous amounts of cooked and uncooked vegetables such as lettuce, corn and spinach
- Moderate amounts of high fiber foods such as bran cereal, peanuts and popcorn
- Plenty of fruits such as plums, grapes and apples
- Well cooked pork, poultry and fish

You should not eat:

- Rare and lightly cooked meats, particularly beef
- Cauliflower, horseradish, red radishes, turnips, broccoli and cantaloupe
- Vitamin C in excess of 250 mg per day
- Iron rich supplements
- Aspirin and other medications which may cause gastrointestinal irritation (see note below)

NOTE:

Always consult your physician before discontinuing or interrupting any prescription medication. If you are experiencing hemorrhoidal bleeding, having a menstrual period, or are bleeding from the nose or gums, delay collection until 48 hours after such bleeding has stopped.

COLLECTION OF SPECIMEN:

1. Collect each card from a different bowel movement.
2. Label each slide with the requested information (full name and SSN, DOB, minimum).
3. Open front flap of slide.
4. Collect a small sample of stool onto clean container. With applicator stick, apply a very thin smear to one window.
5. From another part of the stool, collect another small sample using one end of applicator stick as before and apply to other window of the same card.
6. Close front flap of slide.
7. Deliver or mail slide(s) to the laboratory within 8 days.

If you have any questions, please call the laboratory between 0730 and 1700 at (785) 239-7648.