

## How to Collect and Transport Stool Samples for an Occult Blood Test

Your diet can affect your test results. For your test to be as accurate as possible, please follow the diet guidelines below. Start this diet 2 days before you take the test. Continue to follow the diet until after your test is done.

### Avoid

- Rare and lightly cooked meats
- Radishes, turnips and horseradish
- More than 500 milligrams of vitamin C a day
- Iron supplements
- Aspirin (may cause bleeding)

### Eat

- Tuna, chicken and turkey
- Moderate amounts of bran cereal, peanuts and popcorn
- Fruit
- Cooked and uncooked vegetables (such as lettuce, corn and spinach)

Talk to your physician before you stop taking any prescription medications.

- Mineral oil
- Castor oil
- Iodine
- Barium X-ray dye
- Gall bladder X-ray dye
- Antibiotics

If you had any of these within the past 3 weeks, tell your physician before you collect a sample.

### Collecting a sample

Make sure your name and date of birth are on the container.

1. Collect a sample by passing stool:
  - Onto a clean paper plate
  - Onto plastic wrap that is placed between the toilet seat and the toilet bowl
  - With a commode pan

If you are collecting a sample from a baby:

- Put a diaper on them inside out
- Line the diaper with plastic wrap

2. Using the occult blood test card, collect small stool samples on 1 end of the applicator stick. Apply a thin smear of stool to the **left** window of the test card.
3. Use the same applicator stick to get another sample from a different part of the same stool. Apply a thin smear of stool to the **right** window on the test card.
4. Insert the flap into the tab to cover.

### Transporting a sample

Write the date and time you collected the sample(s) on the container.

1. Keep the cards at room temperature.
2. Bring the test card to the lab for testing within 7 days of collection.

Visit [healthlabtesting.com](http://healthlabtesting.com)  
or scan the QR code  
to see locations and hours.

