

**MUNSON ARMY HEALTH CENTER  
550 POPE AVE  
FT. LEAVENWORTH KS 66027  
913-684-6120**

**PATIENT GUIDELINE FOR OCCULT BLOOD STOOL COLLECTION**

**EXPLANATION OF TEST:** You have been asked to collect stool specimens 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 to 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.

**NOTE:** Always consult your physician before discontinuing or interrupting any prescription Medication. If you have hemorrhoidal bleeding, menstrual bleeding, or bleeding from the nose or gums, delay collection until 48 hours after bleeding has stopped.

**COLLECTION OF SPECIMEN:**

1. Label each slide with full name, sponsor's social security number, and date of birth.
2. Open front flap of slide.
3. Collect small sample of stool onto newspaper or plastic wrap. With applicator stick, Apply a very thin smear to one window.
4. From another part of the stool, collect another small sample using one end of applicator Stick as before and apply to other window.
5. Close front flap of slide.
6. It is recommended that stool samples be collected from three consecutive bowel movements.
7. Deliver or mail slide(s) to the laboratory within 8 days.

**QUESTIONS MAY BE DIRECTED TO THE LABORATORY AT 913-684-6120**