
Food and Medicine Guidelines/Precautions

Your doctor has ordered a laboratory test, which will require you to follow food and medicine restrictions before and during testing.

For correct test results, you must follow these instructions carefully.

Food Guidelines:

For **3 days** before and during the collection period, **do not eat**:

- Liver, beef, or lamb
- Melons, cantaloupe, turnips, cauliflower, radishes, broccoli, cucumbers, horseradish or parsnips
- Citrus fruits and juices

You may eat well-balanced meals including:

- Small amounts of well-cooked chicken, turkey, pork or fish.
- Plenty of vegetables (raw and cooked, except those noted above)
- Fruits such as prunes, plums, grapes, apples or bananas
- High fibre and bran products like cereals, peanuts or popcorn

Medicine Guidelines:

IMPORTANT: Speak to your doctor before you stop taking any prescribed medicines.

- For **7 days** before and during the collection period **do not** take non-steroidal anti-inflammatory drugs such as ibuprofen (Advil[®], Motrin[®]), naproxen or more than 325 mg of Aspirin[®] per day.
- Acetaminophen (Tylenol[®]) can be taken as needed.
- For **3 days** before and during the collection period, **do not** have more than 250 mg of Vitamin C from vitamin and iron pills and avoid citrus fruits and juices

Other Precautions:

- Avoid alcohol for **7 days** before and during the collection period.
- Do not collect samples if you have bleeding hemorrhoids or blood in your urine (pee). If you are having your menstrual period, do not collect samples until after you stop bleeding.
- Check the expiry date, in the green strip on the back of the card under the word “Expires” (e.g. 7/04 is July 2004). If past the expiry date, get a new card from the laboratory.

Questions? Call the Laboratory Information Centre at 770 – 3600.

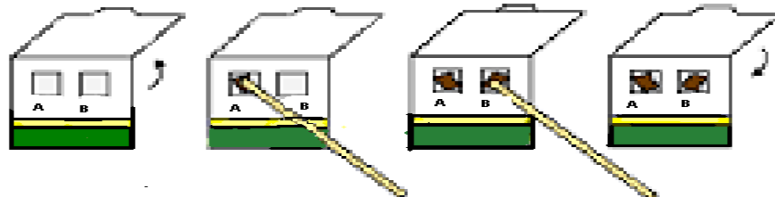
How to Collect a Stool Sample to Test for Occult Blood

For correct test results, follow these instructions carefully. Incorrect test results can cause an important medical problem to be missed, or the ordering of more or unneeded tests.

WARNING: Before collecting stool samples you must read and follow the **food and medicine guidelines/precautions** on the other side of this instruction sheet.

How to collect the sample(s):

1. **Collect a sample of stool.** You may collect the sample in any clean and dry disposable container. You may find it easier to collect the sample on newspaper/plastic wrap placed under the seat, but suspended over the water of your toilet. **Do not** let water touch the stool sample.
2. **Spread a thin smear of stool in each box on test card as follows:** Once you have collected a sample, open the front cover of the card (the side indicating **PATIENT NAME**). **Do not** open the back of the card to apply your sample as the test will be cancelled and your physician will be notified to reorder the test. Use the stick provided to spread a **thin** smear of stool in Box A. Reuse the stick to get a second sample from a different part of the stool. Spread a **thin** smear of stool in Box B.



3. **Close the cover by putting the tab under the tab holder.**
4. **Print your first and last name and date of birth** or affix the label provided by the laboratory on the front cover of the card (the side with the patient information).

Print collection date and time on the front cover.

If your doctor has ordered more than one sample, repeat the above steps for each test card you have been given. Collect samples from a new bowel movement on a different day.

What to do after collecting the sample(s):

- Store the cards at room temperature. Protect cards from heat, light and chemicals (iodine, ammonia, bleach and household cleaners).
- Take the cards and the requisition to the laboratory when all collections are finished (no later than 14 days after the first sample collection). **Do not** take cards to the doctor's office.

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