

PREPARATION OF HEMOCCULT SLIDES (CHECKING STOOL FOR BLOOD)

Your physician has asked you to check your stool (bowel movement) for blood because tiny amounts of blood in the stool may be a warning sign of early cancer of the bowel (usually curable) or other diseases like ulcers. This test is called Hemoccult or Fecal Occult Blood test. Because this test may save your life, it is important that you follow the instructions below.

1. Starting two days before and during the test period, do not eat red meat, turnips or horseradish. Do not eat broccoli, cabbage, cauliflower, cucumbers, potatoes, brussel sprouts or bokchoy. Also, do not take aspirin or vitamins. Try to eat as much of other vegetables and fruit (especially prunes, grapes, plums, and apples) as possible. Eating bran or bran-containing cereal is also recommended.
2. After you have been on this diet for two days, you are ready to begin the test. After moving your bowels, take one of the popsicle-stick applicators which you have been given and apply a thin smear from one end of the stool inside Box A on the Hemoccult packet. Re-use the applicator to obtain a second specimen from a different part of the stool. Apply a thin smear of this specimen in Box B. The procedure is illustrated in the picture below:



As you completed each slide, put it in the refrigerator until all three have been completed.

3. After your next bowel movement, whether it takes place two hours or two days later, go through the same procedure as outlined above with the second Hemoccult packet. Again, place the slide in the refrigerator.
4. After you have prepared the third slide, place all three Hemoccult slides in the return envelope provided and mail them back to the clinic or lab. The test is completed and you may resume your normal diet.
5. If blood is found in your stool, your physician will contact you.

THANK YOU FOR YOUR COOPERATION

There are many different kinds of medical tests and they require different kinds of preparation. For example, some tests require fasting while other tests do not. Talk to your doctor about the test preparation that is right for you.

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