



Your physician has asked you to provide a fecal specimen. Please read the following instructions before beginning your collection.

### FOR MORE INFORMATION

For routine hours and directions please visit [UVMHealth.org/medcenterdrawsites](http://UVMHealth.org/medcenterdrawsites) or call us at (802) 847-5121.

### PHONE

(802) 847-5121  
(800) 991-2799

### LOCATIONS

#### MAIN CAMPUS

111 Colchester Avenue  
Main Pavilion, Level 2  
Burlington, VT 05401

#### 1 SOUTH PROSPECT

1 South Prospect Street  
First Floor Lobby  
Burlington, VT 05401

#### FANNY ALLEN CAMPUS

792 Colchester Parkway  
Colchester, VT 05446

#### ADULT PRIMARY CARE WILLISTON

353 Blair Park Road  
Williston, VT 05495



# Fecal Occult Blood

Collection Instructions for Patients

# Patient Instructions

## DIET GUIDELINES

- For **three days before and during** fecal collection period, **avoid**

**red meats (beef, lamb, and liver)**

**citrus fruits and juices (Orange, lemon, lime, grapefruit, clementine, kumquat)**

- Eat a well balanced diet including fiber such as bran cereals, fruit and vegetables.

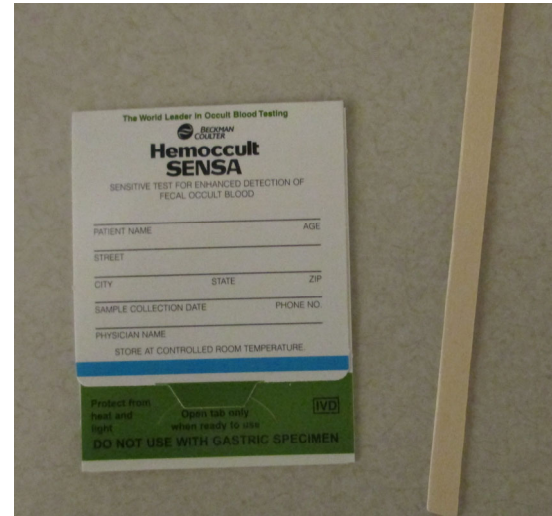
## DRUG GUIDELINES

**Note:** Please talk to your doctor or pharmacist if you have questions about medications you take regularly.

- For **seven days before** and during fecal occult blood collection period, avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxin or aspirin (more than one adult aspirin per day).
- Acetaminophen (Tylenol®) can be taken as needed.
- For **three days** before and during fecal collection period, avoid vitamin C in excess of 250 mg per day from supplements.

## FECAL OCCULT BLOOD COLLECTION MATERIALS

### Card and Wooden Applicator



### Preparing for Sample Collection

If your doctor has given you a commode hat, raise the toilet ring and place the hat on the toilet bowl under the seat, lower the toilet ring to help hold the hat in place.



Alternatively place plastic wrap over toilet bowl under the seat and lower the toilet ring..



## SPECIMEN COLLECTION

- Specimen card **must** be returned labeled with your full legal name, date of birth and date and time of collection.
- If possible urinate before preparing for collecting the feces sample to avoid contamination.
- Use the collection commode (hat) provided or place plastic wrap over the toilet bowl to collect the feces sample (see Preparing for Sample Collection).
- Use the wooden applicator stick provided or a plastic knife or spoon to collect a small fecal sample.
- Apply a thin smear covering Box A on the card. Reuse applicator to obtain second sample from a different part of feces. Apply thin smear covering Box B and close cover flap. Dispose of applicator in waste container.
- For accurate test results, apply sample from bowel movements collected on **three different days** to 3 separate cards (1-per day).
- Do not collect sample if blood is visible in your stool or urine. (e.g. menstruation, active hemorrhoids, urinary tract infection). **Contact your doctor.**
- Do not mix water from the toilet bowl or urine with the feces sample, this may change the test result.
- Return cards to your doctor or laboratory no later than 10 days after collection.
- Protect cards from heat, light and chemicals (e.g. household cleaners).