

Fecal Occult Blood Collection Instructions

1650 Cowles
(Fairbanks Imaging Center)
Fairbanks, AK 99701
907-458-5640

Or

1101 and 1001 Noble
(in the TVC building)
Fairbanks, AK 99701
907-459-3500, ext. 2229

Drug Guidelines:

- For **seven** days before and during the stool collection period avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin (more than one adult aspirin a day).
- Acetaminophen can be taken as needed.
- For **three** days before and during stool collection period avoid vitamin C in excess of 250 mg a day from supplements and citrus fruits and juices. 100% of RDA of vitamin C for an adult is 60 mg a day. Some iron supplements contain vitamin C in excess of 250 mg.

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

Diet Guidelines

- For **three** days before and during stool collection period avoid red meats (beef, lamb and liver).
- Eat a well balanced diet including fiber such as bran cereals, fruit and vegetables.

General Guidelines:

- Do not collect sample if blood is visible in your stool. **Contact your doctor.**
- For the most accurate test results collect each stool sample before contact with water. You may use any clean, dry container for collection.

Collection:

1. Remove slide. Using ball point pen, write your name (first and last) and date of birth on the front of the slide.
2. Fill in sample collection date on section before a bowel movement.
3. You may use any clean, dry container to collect your sample. Let stool fall into container.
4. Use one stick to collect a small sample. Apply a thin smear covering box A.
5. Collect a second sample from a different part of the stool sample with the same stick. Apply a thin smear covering box B.
6. Discard stick in a waste container.
7. Close and secure front flap section by inserting it under tab. Allow sample to dry.

Transportation:

Return completed slide no later than 14 days after collection.

If you have any questions please call Fairbanks Memorial Hospital Laboratory at 907- 458-5640 or your practitioner.