

## **FECAL OCCULT BLOOD X 3 COLLECTION & SHIPPING INSTRUCTIONS**

### **KIT CONTENTS**

- |                       |                                |
|-----------------------|--------------------------------|
| 1 - Instruction Sheet | 3 - Wooden applicators         |
| 3 - Nun's Hats        | 1 - Pre-addressed MVL envelope |
| 3 - ColoScreen Slides |                                |

**CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING.**

### **INTERFERING SUBSTANCES**

**FOR 7 DAYS PRIOR TO AND DURING THE TEST**, do not ingest

- Aspirin
- Other anti-inflammatory medicines
- Alcohol

**FOR 2 DAYS PRIOR TO AND DURING THE TEST**, discontinue the use of

- Rectal medicines

**FOR 2 DAYS PRIOR TO AND DURING THE TEST**

Limit intake of Tonics and Vitamin C to **250 milligrams**.

**BLEEDING HEMORRHOIDS OR OPEN CUTS ON HANDS**

**COLLECTION OF SPECIMEN DURING MENSTRUAL CYCLE**

**IMPROPER SPECIMEN COLLECTION**

**OTHER DISEASES OF THE GASTROINTESTINAL TRACT SUCH AS COLITIS, GASTRITIS, DIVERTICULITIS, AND BLEEDING ULCERS.**

***BEFORE BEGINNING THE TEST THE PATIENT WILL BE PLACED ON A HIGH RESIDUE DIET STARTING 2 DAYS BEFORE AND CONTINUING THROUGH THE TEST PERIOD.***

### **DIET MAY INCLUDE**

1. **MEATS:** Only small amounts of well-cooked chicken, turkey, and tuna.
2. **VEGETABLES:** Generous amounts of both raw and cooked vegetables including lettuce, corn, spinach, carrots, and celery. Avoid raw vegetables with high peroxidase activity such as those listed below.
3. **FRUITS:** Plenty of fruits, especially prunes and apples.
4. **CEREALS:** Bran and bran-containing cereals.
5. Moderate amounts of peanuts and popcorn daily.

***If any of the above foods are known to cause discomfort, consult your physician.***

### **TO BE AVOIDED**

1. **MEAT:** Diet should not include any red or rare meat.
2. **RAW FRUITS AND VEGETABLES** containing high peroxidase activity:
  - a. TURNIP
  - b. BROCCOLI
  - c. HORSERADISH
  - d. CAULIFLOWER
  - e. CANTALOUPE
  - f. PARSNIP
  - g. RED RADISHES

## **COLLECTION INSTRUCTIONS**

1. Pass urine into the toilet. Place Nun's Hat on toilet seat and pass stool into it.  
**IMPORTANT:** Do not let urine or water from the toilet bowl come into contact with the stool specimen. Alternatively, any clean, plastic container may be used to collect the stool specimen.
2. Using the applicator provided, obtain a small sample of the stool.
3. Apply a very thin layer to the ColoScreen slide.
4. Obtain a second collection from same sample from a separate area. (If blood is visible in collection, collect from this area.)
5. Allow to air dry then close the slide.
6. **Repeat this procedure for three consecutive bowel movements or as close together as possible.**
7. Specimen must be mailed to Meridian Valley Laboratory **within 7 days** of first collection.
8. Complete the enclosed requisition; include payment (if required).

## **SHIPPING INSTRUCTIONS**

1. Place ColoScreen Slides into envelope and seal.
2. Print return address on envelope.
3. Place proper postage on envelope.
4. Mail into Meridian Valley Laboratory at preprinted address.

