
LABORATORY INSTRUCTIONS

Occult Blood Testing

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1. When occult blood testing is ordered, do not order the tests in the computer prior to issuing the cards.
2. One set of cards is issued for each 3 occult bloods that are ordered.
3. Remove the cards from the envelope and place aliquot labels from other tests that are ordered for that patient on each of the 3 flaps on the cards.
 - If no other tests are ordered, write the patient's name, last name first, on each card along with the patient's SSN.
4. It is helpful to have the packets for occult blood testing made up in advance. Each envelope contains:
 - Hemacult cards
 - 3 applicators
 - Instruction sheet
5. Instruct the patient to return the cards as soon as possible to the main lab via mail, the draw site or the doctor's office.

- I. Stool for Occult Blood (Guaiac test)
Refer to the patient instruction sheet.

(Patient instruction sheet. These are available as handout to patient.)

INSTRUCTIONS FOR USING OCCULT BLOOD SLIDES (Guaiac)

This test has been ordered by your physician. Please note special instructions in your packet.

For accurate test results, apply samples from bowel movements collected on 3 different days.

1. Write your name, age, social security number, and address on the front of each slide.
2. After a bowel movement, open one of the cover flaps. With one of the wooden applicators, collect a small sample of feces from the toilet bowl.
3. Spread a thin smear of sample covering area A. Collect a second sample from a different part of the stool with the same wooden applicator. Spread the sample in area B in the same manner as above. Discard wooden applicator in waste receptacle.
4. Close the cover. Fill in the date on cover.
5. Repeat steps 2-4 until you have completed 3 slides. Mail the slides in the foil lined envelope supplied. Be sure to attach postage.

PRECAUTIONS:

DO protect slides from heat.

DO NOT collect specimens during menstrual period or if you have bleeding hemorrhoids.

SPECIAL DIAGNOSTIC DIET FOR OCCULT BLOOD TESTING USING THE GUAIAIC METHOD

You should be on this diet at least 3 days before you collect the first stool specimen. Aspirin and other non-steroidal anti-inflammatory drugs listed below should be avoided for 7 days before collection of specimen.

Remain on this diet until all Occult Blood Slides have been prepared.

<u>Foods to Avoid:</u>	<u>Drugs and Vitamins to Avoid:</u>	<u>Foods to Include:</u>
Red meat (beef, lamb, etc)	Vitamin C (in excess of 250 mg daily)	Cooked fruits and vegetables
Turnips	Excessive amounts of citrus fruits or juices	Peanuts, popcorn, and bran cereal
Horseradish	Aspirin and other non-steroidal anti-inflammatory drugs (including Ibuprofen and naproxen)	Fish and fowl

If any of the above items present possible problems to you, please consult your physician.