

Occult Blood

Most laboratory tests require no special preparation on the part of the patient. There are some, however, that do.

What do I need to know about the Occult Blood?

This test requires only a small amount of stool. The specimen should be returned to the lab for testing or may be mailed in the envelope it came in.

Foods to avoid prior to testing:

- Red or rare meats
- Fruits and vegetables containing high peroxidase activity, including turnips, cauliflower, broccoli, cucumbers, cantaloupe, horseradish and parsnips.

For additional health information
contact the Health Information Center at (918) 494-1080