

Andrew Rader U.S. Army Health Clinic  
Fort Myer, VA 22211



Patient Instructions

PA Form 3

## Occult Blood Stool Cards

The following instructions should be followed 7 days prior to and while you are collecting the specimens.

### Preparation:

**DO NOT** collect samples during a menstrual period, while you have bleeding hemorrhoids or have visible blood in your urine.

**Avoid** consuming the following drugs, vitamins and foods:

- Avoid 7 days prior to and during the collection:

Aspirin (more than one adult size a day) or other non-steroidal anti-inflammatory drugs (such as Motrin, Celebrex, Naprosyn)

-Avoid 72 hours prior to and during collection:

Vitamin C in excess of 250mg daily (dietary and supplemental)  
Red meat (beef, lamb), including processed meats and liver

### Collection:

-Collect samples from three consecutive bowel movements.

-Open the specimen card only when ready to use.

-The easiest method of obtaining a specimen is to use the tissue paper with which you clean yourself after the bowel movement. Using the wooden sticks provided smear a small amount of the stool into each of the two squares on the card.

-Protect the cards from heat, light and chemicals such as iodine or bleach

-Keep the cover flap closed when not in use.

### Submission:

Write **Full Name** and the **SPONSOR's Social Security Number** and sample collection date(s) on front of specimen card, we do not require your address.

**Return cards to the plastic bag provided.**

Store cards room temperature.

Submit cards to the Laboratory within 14 days after last specimen is collected.