

You will be provided test slides. Please use these slides only. Any other container may produce unacceptable results.

## PROCEDURE

1. For accurate test results, apply samples from bowel movements collected on **three different days** to slide. Mark your name as well as date and time of collection on slide.
2. Do not collect samples if blood is visible in your stool or urine (e.g. menstruation, active hemorrhoids, urinary tract infection). **Consult your doctor.**
3. For the most accurate test results collect each stool sample in a clean, dry container. Avoid contact with urine.
4. Protect slides from heat, light and volatile chemicals (iodine, ammonia, bleach and household cleaners).
5. Open front cover of packet. Two boxes will be seen labeled A and B.
6. Using the wooden stick provided, apply a **small** amount of stool to box A.
7. Using the same stick, apply a **small** amount of stool to box B from a different part of the stool sample.
8. Any black, dark, red or mucous areas should be placed on box A or B.
9. Close cover. Place date of collection on each slide.
10. Collect only one stool sample per day.
11. Return completed slides to laboratory no later than 14 days after your first sample collection.

## DIET GUIDELINES

- For **three** days before and during stool collection period, **avoid** red meats (beef, lamb and liver).



- Vitamin C (ascorbic acid) may cause false negative. Reduce intake to <250mg/day.
- The following may cause false positive result:
  1. ASA >325mg/day
  2. Corticosteroids, phenylbutazone, reserpine, anticoagulants, antimetabolites and chemotherapeutic drugs.
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

If any of the above items present possible problems to you, please contact the laboratory.

#### 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.

#### AFTER COLLECTION OF SPECIMEN

Medical Laboratory Technologists will test the samples as requested by your physician.

The laboratory will send a report to your doctor who will discuss the results with you.

**If you have any questions concerning this collection, contact us at:**

Laboratory,  
Strathroy Middlesex General Hospital  
519 245- 5295 Ext 5564  
Monday to Friday 8 a.m. to 4 p.m.