WHAT IS THE HEMOCCULT TEST?
This very simple test can determine whether there is blood in your stool, which may indicate that you have a medical problem.

WHAT SPECIAL PROCEDURES DO I NEED TO FOLLOW BEFORE TAKING THE TEST?
You should follow a special diet for at least 48 hours before you collect the first stool specimen and continue the diet until all slides have been prepared.

WHAT CAN I EAT?
1. Well cooked pork, poultry, and fish.
2. Any cooked fruits and vegetables.
3. High fiber foods (e.g., whole wheat bread, bran cereal, popcorn).
4. Moderate amounts of these raw fruits and vegetables:
   - apples
   - apricots
   - bananas
   - celery
   - lettuce
   - oranges
   - peaches
   - pears
   - plums
   - raisins
   - raspberries
   - strawberries
   - tomatoes
5. Moderate amounts of alcoholic beverages.

FOODS, DRUGS, AND VITAMINS TO AVOID:
1. Red meat (beef, lamb), including processed meats and liver.
2. Vitamin C in excess of 250 mg per day. (Caution: some iron supplements contain quantities of vitamin C which may exceed the daily limit for this test.)
3. Aspirin or other non-steroidal anti-inflammatory drugs (avoid for 7 days prior to and during the test period).

If any of the foods mentioned cause discomfort, DO NOT eat them. If you are already on a special diet, check with your doctor before participating.

WHEN CAN I START COLLECTING THE SPECIMENS?
After you have followed your diet for at least 48 hours, you are ready to begin collecting the specimens.

DO NOT collect specimens during a menstrual period or while suffering from bleeding hemorrhoids.

HOW DO I USE THE HEMOCCULT SLIDES?
1. Write your name and address in the spaces provided on the front of each slide.
2. You should have one to three slides each containing two boxes for application of stool specimens.
3. Use a separate slide for each consecutive bowel movement, but collect no more than one sample per day.
4. Collect a very small amount of stool on one end of the applicator and apply a thin smear inside Box A on one of the slides.
5. Reuse the applicator to obtain a smear from a different part of the same stool and apply it inside Box B on the same slide.
6. Close the cover and write the date in the space provided on the front of the slide.
7. Protect slides from heat, sunlight, and fluorescent light.
8. Return the slides to the laboratory. You may send them through the U. S. mail in the envelope provided.

Specimen may be dropped off at any Tri-Cities Laboratory Service Center