



## Preparing for the Hemoccult Test

### **Special Diagnostic Diet:**

Please follow the following diet two days before and during the test period.

### **Foods to Avoid:**

- ✗ Rare or lightly cooked red meats (beef, lamb, etc.)
- ✗ Turnips, broccoli, horseradish, cantaloupe, parsnips, radishes, cauliflower.

### **Drugs & Vitamins to Avoid:**

- ✗ Vitamin C in excess of 250 mg per day.
- ✗ Iron supplements.
- ✗ Aspirin.
- ✗ Anti-inflammatory drugs.

### **Foods to Eat:**

- ✓ Well-cooked meats, poultry, and fish.
- ✓ Moderate amounts of high-fiber foods such as bran. cereal (daily), popcorn, whole wheat bread, and peanuts.
- ✓ Cooked and raw vegetables, especially lettuce, corn, and spinach.
- ✓ Plenty of fruits such as prunes, plums, grapes and apples.

\*\*\*If any of the above is known from past experience to cause discomfort or allergies, do not consume. Please inform physician.\*\*\*

... Turn page over for instructions on taking the Hemoccult Test.

## Taking the Hemoccult Test

### **Tips:**

- Do not collect specimen during or until three days after a menstrual period, or while you have blood in urine or bleeding from hemorrhoids or dental work.
- Protect test slides (packet) from heat, light or volatile liquids (iodine, bleach.)
- You should follow the suggested diet starting two days before testing and continuing through the test period.

### **Steps:**

1. Separate the 3 test slides.
2. Using a ballpoint pen, write your name, date of birth, and phone number on each slide.
3. PRIOR TO DEFECATION (bowel movement):
  - a. Flush the toilet to clear bowl.  
**Note:** Do not use a bowl which utilizes automatic cleaners, bluing agents, etc.
  - b. For ease of collecting specimen, place several layouts of tissue (toilet) paper onto water in bowl to help support and contain feces. Or use tissue to grab the specimen as it trails out.
4. Lift FRONT flap from one test slide. After defecating into bowl, use applicator stick to apply a very thin smear of stool to OVAL 1. Using the same applicator, apply a very thin smear of stool taken from a different area of the feces and apply it to OVAL 2.  
**Discard stick in trash. DO NOT FLUSH STICK.**
5. Close flap by sliding into crescent-slit tab. Fill in the date on the front of the slide. Place completed test slide into special supplied envelope.
6. Repeat procedure for a total of three consecutive bowel movements.
7. Seal envelope by removing tape strip and folding as indicated.
8. Place postage stamp and mail, or return to Dr. Gregory Smith's Office.

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