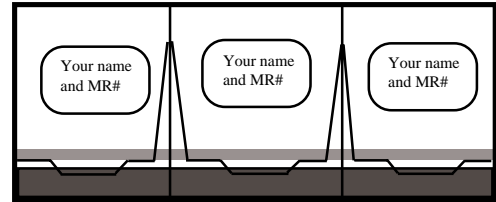


How to Collect Bowel Movement Samples for Guaiac Cards (Fecal Occult Blood)



IH-III-5
R.D. 7/05
Pg. 1 of 2

Your doctor has given you 3 cards and applicator sticks to collect bowel movement samples at home. Your bowel movement (fecal) samples will be tested for **hidden (occult) blood**.



Why is it important to test for blood in bowel movement samples?

- You can lose as much as a pint of blood a day in your bowel movements and not even know it.
- Blood in bowel movements can be a sign of bowel disease.

Getting ready:

- **Seven (7) days before you collect the bowel movement samples, and during the time you are collecting them, do not take these medicines:**

- Vitamin C tablets
- Iron pills
- Non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen.

- **Three (3) days before you collect the bowel movement samples you need to start a special diet. You need to stay on this special diet for **five** days.**

Eat these foods on the diet (✓):

- ✓ White chicken
- ✓ Fish
- ✓ Pork, ham, bacon
- ✓ Cooked fruits and vegetables
- ✓ A bowl of bran cereal every day

(This helps you have a bowel movement every day.)



Do not eat these foods (X):

- X **Red** meat, such as beef, lamb and liver
- X Horseradish
- X Uncooked (raw) fruits and vegetables, specially melons, radishes and turnips

(These foods and medicines can make the test turn out wrong.)

- **Other information:**

- Wait till 3 days after your menstrual period before you collect samples.
- Do not collect samples if you have bleeding hemorrhoids (piles), or blood in your urine (pee).

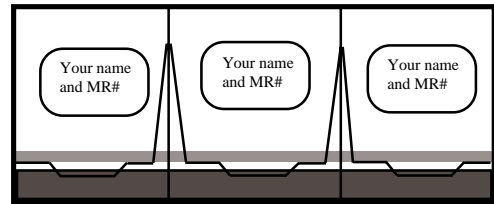
(over)

How to collect the bowel movement samples:

Day 1: Begin the special diet on _____.

Day 2: Stay on the special diet.

Day 3: Start collecting the samples.



Read this before you collect the samples:

1. Stay on your special diet. Put the sample cards and sticks in the bathroom so they will be ready when you have a bowel movement.
2. **Before** you have a bowel movement:
 - Put a large plastic bag or saran wrap under the toilet seat.
 - **Or** put a large plastic bag into a wastebasket to catch the sample.
 - **Or** catch the bowel movement in a **clean** container, such as a clean margarine tub or a clean milk carton with the top cut off. Put the plastic bags or containers in the bathroom so you will be ready to collect the samples.
3. Use the stick to collect a **small** amount of bowel movement. Smear it on one of the windows on the card. Ask your nurse to give you an addressograph label to put on the front of the card, or write your name and medical record number (see your Parkland card) on the front of the card.
4. Take another sample from a **different** part of the bowel movement. Smear it on the other window of the card. Close the cover. Store the card with the samples in a plastic bag. Throw the rest of the bowel movement away.

Day 4: Stay on the special diet. Collect more samples on a card in the same way. Store the card in the plastic bag. Label the front of the card.

Day 5: Stay on the special diet. Collect more samples on a card. Store the card in the plastic bag. Label the front of the card.

As soon as you finish collecting the samples:

- Go back to eating your normal diet.
- Bring the 3 cards in a plastic bag with you to your clinic appointment on _____.

After you collect the samples:

- **Do not wait more than 3 days** to bring the cards to the clinic or they will get too old.