

PATIENT INSTRUCTIONS

- For accurate test results, apply samples from bowel movements collected on **three different days** to slide.
- Do not collect sample if blood is visible in your stool or urine (e.g., menstruation, active hemorrhoids, urinary tract infection). **Contact your doctor.**
- For the most accurate test results collect each stool sample before contact with the toilet bowl water. You may use any clean, dry container.
- Return completed slides to your doctor or laboratory no later than 10 days after your first sample collection.
- Protect slides from heat, light, and volatile chemicals (e.g., ammonia, bleach, bromine, iodine, household cleaners).
- Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.

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 (Tylenol*) can be taken as needed.
- For **three** days before and during the stool collection period, **avoid** vitamin C in excess of 250 mg a day from supplements, and citrus fruits and juices.

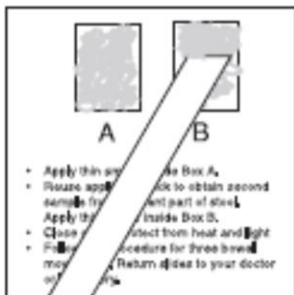
Diet Guidelines

- For **three** days before and during stool collection period, **avoid** red meats (beef, lamb and liver).
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

Notes:

1. Please talk to your doctor or pharmacist if you have any questions about medications you take regularly.
2. 100% of RDA of vitamin C for an adult is 60 mg a day.
3. Some iron supplements contain vitamin C in excess of 250 mg.

*Tylenol is a registered trademark of McNeil Consumer Healthcare.



B. Preparing the Test

- Using applicator provided, collect small fecal sample.
- Apply thin smear covering Box A.
- Reuse applicator to obtain second sample from a different part of feces. Apply thin smear covering Box B.
- Close cover flap. Dispose of applicator in waste container.

Collection date and time needs to be written on the collection card in the space provided.

Option A: Tissue +Plastic Wrap/Newspaper

- Lift toilet seat
- Attach about 2 feet of plastic wrap or newspaper on back half of toilet bowl.
- Allow middle to hang just above water.
- Unfold newspaper and place on plastic wrap.
- Lower toilet seat
- Have bowel movement



Option B: Clean, Dry container

- Collect stool using any clean, dry container such as
 - Pie tin
 - Paper plate
 - Clean margarine tub
 - Clean milk carton with top cut off
 - Bed pan
 - Wastebasket lined with plastic bag
 - Paper bag
 - Styrofoam cup

Have bowel movement.