ALBANY MED Health System
SARATOGA HOSPITAL

PATIENT INSTRUCTIONS

Instructions for collecting Hemoccult Slides

All specimens submitted to the laboratory must contain the patient's first name, last name, date of birth, date the specimen was collected, and time the specimen was collected.

- Do not collect samples during, or until three days after your menstrual period, or while you have bleeding hemorrhoids or blood in your urine.

- Do not consume the following drugs, vitamins and foods:

  Avoid **7 days** prior to and during the test period:
  Aspirin or other non-steroidal anti-inflammatory drugs.

  Avoid **72 hours** prior to and during the test period:
  Vitamin C in excess of 250 mg per day
  (from all sources, dietary and supplemental)*

  Red meat (beef, lamb), including processed meats and liver
  Raw fruits and vegetables
  (especially melons, radishes, turnips and horseradish)

- Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.

- Collect samples from three consecutive bowel movements or three bowel movements closely spaced in time.

- Label the slide with the patient name, date of birth and date of collection.

- Protect slides from heat, light and volatile chemical (e.g., iodine or bleach).

- Keep cover flap of slides closed when not in use.

For additional information please call 583-8750.

**Caution: some iron supplements contain quantities of Vitamin C, which exceed 250 mg per day.*

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