

Information for You from Your Health Care Team

Diet Preparation for Occult Blood Stool Test

Special Diagnostic Diet

You have been asked to complete this simple test to determine the presence of blood in your stool. The results from this test will give your doctor information about the health of your lower digestive tract and will help decide if more testing is needed.

You should be on this diet for at least 48 hours before you collect the first stool specimen. Remain on this diet until all Hemoccult cards have been prepared.

Foods to Avoid

- Rare red meat (beef, lamb, etc.)
- Turnips
- Horseradish
- Melons

Drugs and Vitamins to Avoid

- Vitamin C
- Aspirin
- Anti-inflammatory drugs (Motrin®, Ibuprofen®)
- Iron supplements

Foods to Include

- Well cooked meats, poultry and fish
- Bran cereal daily
- Cooked fruits and vegetables
- Peanuts and popcorn

Collecting the Samples

- You have been provided with three Hemoccult cards and three wooden sticks.
- After you have a bowel movement, use the stick to collect a very small amount of stool from the toilet tissue and smear it in the boxes on the inside of the card.
- Discard the stick and close the card.
- Repeat this process for the next two days using one Hemoccult card each day.
- When all three cards are complete, seal them in the envelope provided and mail back to our office.
- Please be sure that your name is on each card and on the outside of the envelope.

Your doctor will get the results shortly after we receive them from you and will notify you if necessary.

If you have any questions about this testing, please call us at (315) 464-1600.