



PATIENT INSTRUCTIONS

HEMOCCULT II® - FECAL OCCULT BLOOD TESTING

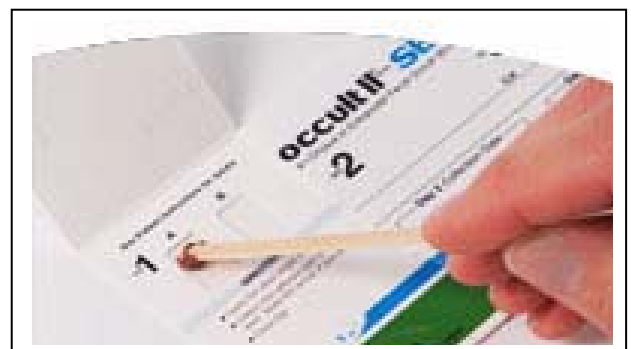
CAUTION : For accurate test results, carefully read the instructions below before proceeding.

- **Do not collect** the sample if blood is visible in your stool or your urine (eg. menstruation, active hemorrhoids, or urinary tract infection). **Consult with your physician.**
- Do not take more than 250 mg of Vitamin C per day during the three days preceding the test and during the test (citrus fruits and juices as well as certain iron supplements containing large amounts of vitamin C).
- Do not take anti-inflammatory or steroids (ibuprofen, naproxen or aspirin) during the 7 days before the test and during the test (maximum one per day). **Talk to your doctor before discontinuing any medication.**
- Avoid red meats (beef, lamb and liver) during the 3 days before the test and during the test.
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

The collection of the specimen.

1. The envelope from the laboratory contains 3 test slides. Each has 2 sides (A + B) with 3 applicator sticks. Each of the slides has a different side.
2. On the front of the first slide, write your name, your age, your address as well as the date and time of the collection.
3. Collect the stool sample in a clean dry container. Do not let it contact the toilet bowl water.
4. Open the first slide.
5. Using the applicator stick, pick up a small sample and smear **THINLY** to cover "Box A".
6. Using the same applicator stick, pick up another sample from another part of the stool, and smear it **THINLY** over "Box B".
7. Close and secure the slide flap of section 1.
8. Discard the applicator stick in the garbage. Do not throw it in the toilet.
9. For additional slides, repeat the steps described above using a new sample for each of the slides.
10. Check that the front flap is closed and secure. Put in the envelope and close.

Hemoccult II		
TEST EN SÉRIE POUR LE DÉPISTAGE SYSTÉMATIQUE DE SANG DANS LES SELLES		
TREMBLAY, JEAN		
PATIENT	ÂGE	
350-6793-1		
RUE		
B5		
VILLE	PROV.	CODE POSTAL
03/09/09 1 de 2		
DATE DE COLLECTE	TÉL	
OSLER, W		
MÉDECIN		
ENTREPOSER À TEMPÉRATURE AMBIANTE CONTRÔLÉE		



11. Return the envelope to one of the three laboratories of The Ottawa Hospital as soon as possible.

Civic Campus: Civic Parkdale Clinic, 737 Parkdale Ave. Phone 722-7000, ext. 14992, hours of operation: 8:00 – 16:00 hr.

General Campus: Outpatient Lab, Module J-10, 501 Smyth Rd. Phone 722-7000 ext. 78306, hours of operation: 7:30 – 17:00 hr.

Riverside Campus: Laboratory, Main Floor, 1967 Riverside Drive. Phone 722-7000 ext. 88214, hours of operation: 7:00 – 17:00 hr.