

## Patient Instructions Stool Card Collection x3 for Neoplasm Screening

### Overall Instructions:

Ideally specimens should be collected on three different days rather than collecting from 3 consecutive bowel movements. Do not collect the specimens during menstrual period or when suffering from bleeding hemorrhoids.

Dietary instruction should be followed whenever possible for optimum interpretation of the test results.

Two days prior to, and including the test period, a red-meat free, high residue diet should be followed.

### Diet may include:

- Meats: Only small amounts of well-cooked chicken, turkey, and tuna.
- Vegetables: Generous amounts of both cooked and uncooked vegetables, including lettuce, corn, spinach and celery, except as noted below.
- Fruits: Plenty of fruits, especially prunes, grapes, plums and apples.
- Cereal: Bran and bran-containing cereals.
- Other high fiber or roughage foods (i.e. peanuts, popcorn, etc.)

### To be avoided:

- Avoid known foods that cause discomfort.
- Red or rare meat.
- Horseradish, cantaloupe, raw turnips, broccoli, cauliflower, red radishes and parsnips.
- Vitamin preparations which contain Vitamin C (ascorbic acid) in excess of 250 mg per day for 2 days prior to and during the testing.
- Ideally **do not** ingest high doses of aspirin, or other anti-inflammatory drugs, for 7 days prior to and during testing.
- **However, consult your medical professional before discontinuing any prescribed medication.**

### Specimen Collection:

- Collect the specimen in a clean plastic container or bedpan.
- Avoid urinating in the collection vessel.
- Apply a sampling of the specimen using the small stick provided from the middle of the stool, avoiding any visibly bloody areas.

- Smear it on the front side of the stool card in a thin layer.
- Close the flap. Allow to dry.
- Each specimen card must have the patient name, Date of Birth and the date and time of the collection on each card.
- This may be hand written or a CMC order label can be used on each slide. However the date and time of collection will have to be added for each collection.
- Bring to the lab at the completion of the collection in a specimen transport bag
- This card may also be mailed to the laboratory for testing in the special mailing pouch provided.
- However, mailed specimens must have a completed requisition/ doctors order with the cards in order to perform the testing.

### **References:**

Fisher HealthCare

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Manchester, NH

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