

OCCULT BLOOD (GUAIAAC METHOD)

Document number	LA-75-WI-075E_02.20														
Revision date	2018-May-04														
Required Specimen Type	<ul style="list-style-type: none"> • Stool sample 														
Medical Supplies	<ul style="list-style-type: none"> • Occult Blood kit; • Biohazard bag (if required). 														
General Guidelines	<ol style="list-style-type: none"> 1) All specimens must include a double identification (first and last name of the patient and date of birth or medicare number). 2) The use of gloves is required when handling all biological specimens. 3) A valid requisition must include the following information : <ul style="list-style-type: none"> • First and last name of the patient, date of birth or medicare number and gender. • Date and time of specimen collection and signature of collector. • Physician’s full name, signature and license number (or other qualified prescriber). • Any relevant clinical information. • Requested tests. 														
Patient Preparation	<ol style="list-style-type: none"> 1) In order to obtain the most accurate test results, it is necessary to follow the dietary plan listed below. The diet must be followed at least 48 hours prior to collecting the first sample and should be respected until all three samples have been collected. <ul style="list-style-type: none"> ➢ The following should be avoided : <table border="0"> <tr> <td>▪ Aspirin (7 days)</td> <td>▪ Melons</td> </tr> <tr> <td>▪ Broccoli</td> <td>▪ Multi-vitamins (7 days)</td> </tr> <tr> <td>▪ Cauliflower</td> <td>▪ Nonsteroidal anti-inflammatory (7 days)</td> </tr> <tr> <td>▪ Cooked tomatoes</td> <td>▪ Radishes</td> </tr> <tr> <td>▪ Corticosteroids</td> <td>▪ Red meat</td> </tr> <tr> <td>▪ Horseradish</td> <td>▪ Turnips</td> </tr> <tr> <td>▪ Iron supplements (7 days)</td> <td>▪ Vitamin C (7 days)</td> </tr> </table> ➢ Recommended food to eat: <ul style="list-style-type: none"> ▪ Generous amounts of vegetables, cooked and raw, especially lettuce and spinach; ▪ Moderate amounts of high fiber foods such as whole wheat bread, bran cereal, etc.; ▪ Plenty of fruits such as prunes, plums, grapes and apples; ▪ Poultry (well done); ▪ Tuna. 2) A total of three separate stool specimens should be collected from consecutive bowel movements; 3) Do not collect stool samples during menstrual period or if suffering from bleeding hemorrhoids. Consult your doctor; 4) Normal diet may be resumed once collection of samples has been completed. <p><u>Patient should always consult with their healthcare professional for any questions and before discontinuing any medications that may affect testing.</u></p> <p>Note: If any of the recommended foods listed above have previously caused any gastrointestinal disorders, the patient should inform their doctor before starting the diet.</p>	▪ Aspirin (7 days)	▪ Melons	▪ Broccoli	▪ Multi-vitamins (7 days)	▪ Cauliflower	▪ Nonsteroidal anti-inflammatory (7 days)	▪ Cooked tomatoes	▪ Radishes	▪ Corticosteroids	▪ Red meat	▪ Horseradish	▪ Turnips	▪ Iron supplements (7 days)	▪ Vitamin C (7 days)
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Specimen Collection Instructions	<p>The special collection kit includes: a metallic like envelope, a three section collection card and three wooden spatulas.</p> <ol style="list-style-type: none"> 1) Collect stool on a dry and clean surface such as a bedpan, plastic bag, plastic surface (e.g., Saran wrap) or newspaper; choose the method that is most convenient. It is important for the stool to not contain any urine; 														

- 2) Place collection card as shown in Figure 6;

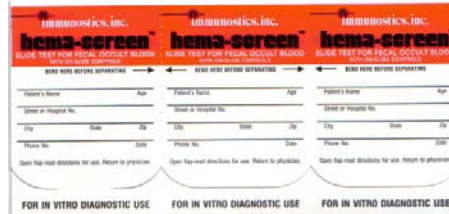


Figure 6: Collection cardboard

- 3) Open the flap of one section of the card as shown in Figure 7;

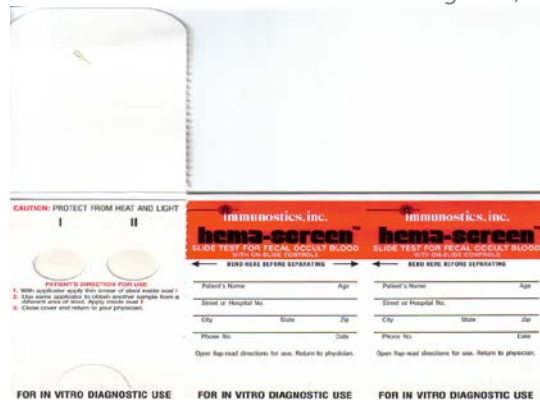


Figure 7: Section of collection cardboard

- 4) Using one of the wooden spatulas provided, collect a small quantity of stool;
- 5) Spread a very thin layer of stool on circle I;
- 6) Using the same spatula, collect another sample from a different area of stool and apply to circle II;
- 7) Close the flap of the section;
- 8) Keep sample collection card in the envelope provided, place in dry area at room temperature and protect from light and heat;
- 9) Repeat procedure (steps 1 to 8) with the next two following bowel movements using the remaining two sections of the collection card;
- 10) On the front of each section of the card, write:
 - Physician's name;
 - First and last name;
 - Date of birth and/or Medicare number;
 - Date and time of collection.
- 11) At the end of the third collection, place the card in the envelope provided and seal it;
- 12) Ideally, the envelope containing your three samples should be returned to the physician.

Note: It may also be returned to the laboratory with a valid requisition. **To prevent contaminating the requisition, it must not be placed in the Occult Blood envelope with the collection card.** The Occult Blood envelope and the requisition should be placed in separate envelopes first and then put together and sent to the laboratory

Additional Information

N/A

Specimen Conservation and Stability

- Once the samples have been collected and placed on the special Occult Blood card, they should be stored at room temperature and protected from light. Samples are stable for three weeks days on the collection card.
- If you decide to collect the samples, in order to bring them to your clinic for preparation, keep samples refrigerated 2 – 8 °C for a maximum of 72 hours before placing on the collection card.