

Patient Instructions

Your doctor has requested an analysis of your stool (bowel movement). In order to produce a meaningful laboratory test result, you must follow these instructions. Read them over completely, then follow each step. A stool collection kit is to accompany these instructions.

1. Remove slide(s) from the envelope and write your name on each section in the space provided. Write the date and time of collection on the flap just prior to collection of the specimen.
2. Urinate into the toilet if you feel the need. Wash & dry hands.
3. Lift the toilet seat. Place sheets of plastic wrap (e.g. Saran[®] wrap) over the toilet bowl, leaving a slight dip in the centre. Place the toilet seat down. Pass some stool onto the plastic wrap. Do not let urine or water touch the stool specimen.
4. Open the front flap of slide 1 just prior to collection. Using the wooden sticks supplied with the kit, collect a small sample of the stool and apply inside box A. Use the other end of the same stick to apply a small amount inside box B. Do not flush the stick or the plastic wrap with the remaining stool. Empty the remaining stool into the toilet bowl and discard the stick and plastic wrap in a waste container.
5. Close the flap. Store the slide inside the envelope at room temperature until your next bowel movement.
6. **Repeat steps 2 - 4 for each collection**, using the remaining slides. After completing the last slide, return the kit to the laboratory. Delays may interfere with your test results.

Important Notes

- **Avoid** Aspirin or other non-steroidal anti-inflammatory drugs for 7 days prior to and during the test period.
- **Avoid** the following for 72 hours prior to and during the test period:
 1. Vitamin C in excess of 250 mg per day.
 2. Red meat (beef, lamb), including processed meats and liver.
 3. Raw broccoli, cauliflower, horseradish, parsnips, radishes, turnips, and melons.
- **Do not** collect samples during or until three days after your menstrual period or while you have bleeding hemorrhoids or blood in your urine.
- Protect the slides from heat, light, and volatile chemicals (e.g. iodine or bleach).
- Keep the slide cover(s) closed between collections.