

PATIENT INSTRUCTIONS FOR OCCULT STOOL COLLECTION

1. When your doctor requests for you to do an occult blood test, it is usually required that you submit three stool samples from three different days.
2. Before you collect the first sample, you should refrain from ingesting red meat for at least three days. Then you collect the first sample, label it with your name and drop it off to the lab.
3. After collecting the first sample you are to still refrain from ingesting red meat until all three stool samples have been sent to the lab. Then the following day you would turn in the second labeled sample, and then on the next day turn in your third labeled sample.
4. The results will be retrieved by your doctor.