

## Hemoccult Immunochemical Fecal Occult Blood Test: Collection Instructions

1. Remove one Collection Card from envelope.
2. Write your full name, date of birth and collection date and time on the front of Collection Card.
3. Collect stool using Option A or Option B.

### Option A:

- Lift toilet seat.
- Attach about 2 feet of p plastic wrap or newspaper on back half of toilet bowl.
- Allow middle to hang just above water.
- Unfold tissue provided and place on top of plastic wrap/newspaper.
- Lower toilet seat.
- Have bowel movement.

### Option B:

- Collect stool using any clean, dry container such as:
  - Pie tin
  - Paper plate
  - Clean margarine tub
  - Clean milk carton with top cut off
  - Bed pan
  - Wastebasket lined with plastic bag
  - Paper bag
- Have bowel movement.

4. Open flap of Collection Card. Collect a pea-sized stool sample with provided Applicator Stick. Apply sample to top half of window.
5. Reuse Applicator Stick to collect another pea-size sample from a different part of stool. Apply sample to bottom half of window.
6. Spread samples over entire window by pressing gently while mixing thoroughly. Close flap.

Flush tissue and stool ONLY. Discard stick in waste container. Allow sample to air dry overnight.

7. Repeat steps 1 – 6 for a second or third day, as directed by your doctor.

## Returning the Collection Cards

1. Insert all completed and dried Collection Cards into enclosed Mailing Pouch designed to meet U.S. Postal Service regulations.
2. Enclose the lab requisition provided by your physician.
3. Peel tape from flap. Fold flap over. Press firmly to seal.
4. Mail sealed Mailing Pouch to the laboratory within 10 days of day 1 Collection Date. NWH Laboratory, 2014 Washington St, Newton, MA 02462, Attn: Central Processing.



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