



Hemoccult (Stool) Collection

For best results:

- **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 slides from heat, light and volatile chemicals (such as iodine or bleach).**
- **Keep cover of slides closed when not in use.**
- **Follow the special diet instructions on this page for at least 48 hours before collecting the first stool sample. Remain on this diet until you have completed all three slides.**

Foods to Eat

- Well-cooked pork, poultry and fish.
- Any cooked fruits and vegetables.
- High fiber foods (such as whole wheat bread, bran cereal, popcorn).

Foods to Avoid

- Red meat (beef, lamb), including processed meats and liver.
- Any raw fruits and vegetables (especially melons, radishes, turnips and horseradish).
- More than 250 mg of vitamin C per day.

Caution: Some iron supplements may contain more than 250 mg vitamin C.

- Aspirin or other non-steroidal anti-inflammatory drugs (avoid for seven days prior to and during the test period).

Steps

1. Lift the toilet seat and place the white specimen collection container toward the back of the toilet.
2. You may also catch a stool specimen with the use of plastic wrap draped over the toilet seat.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

☐ **Medical Specialties Center**
206-598-4615

☐ **General Internal Medicine**
206-598-8750

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206-598-4549

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206-598-4288

3. Open the front of slide 1. Use one stick to collect a small sample of stool and place in the specimen container. Apply inside Box A. Collect a second sample from different part of stool with same stick. Apply inside Box B. Flush stool, and discard the stick in a waste container. Do not flush the stick. (Refer to instructions inside the envelope flap.)
4. Close the cover flap. Fill in the date on the front of the slide. Store the slide in the envelope to allow it to air-dry overnight.
5. Repeat steps 1 to 3 for your next two bowel movements, using slides 2 and 3. After the last completed slide has air-dried overnight, place all slides in the mailing pouch provided. **Seal pouch.** Place the pouch in a manila envelope with lab slip. Mail to the lab at this address:

UWMC Lab Medicine
1959 N.E. Pacific Street
Box 357110
Seattle, WA 98195

Notes

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