

Please Note

Do not collect samples during your menstrual period. Wait three days after your menstrual period to begin collection.

Do not collect samples while you have bleeding hemorrhoids.

Do not collect samples while you have blood in your urine.

Avoid aspirin and other non-steroidal anti-inflammatory drugs 7 days prior to and during the test period.

Avoid 72 hours prior to and during the test period:

- Vitamin C in excess of 250 mg per day (from all sources, dietary and supplemental). Check your iron supplements, as many contain quantities of vitamin C in excess of 250 mg.
 - Red meat (beef, lamb), including processed meats and liver
 - Raw fruits and vegetables (especially melons, radishes, turnips, and horseradish)
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Specimen Collection

Stool samples should be collected from 3 consecutive bowel movements.

Make sure that you have your name and date of collection on each of the 3 cards.

After you have a bowel movement, use the wooden sticks provided to remove a small sample of stool off of the toilet tissue. Open the card (the side with your name on it) and — using the wooden stick — smear the stool on the “A” window and then on the “B” window. Close the card when you are finished and place it inside the bag. Follow these instructions for the second and third cards.

Return the cards to the lab when you have completed the test. Cards must be returned no later than 14 days after the first sample collection.