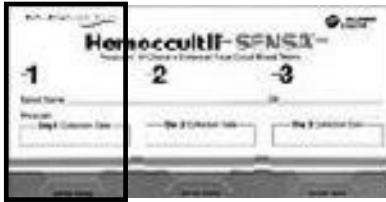


How to Test Your Stool for Blood



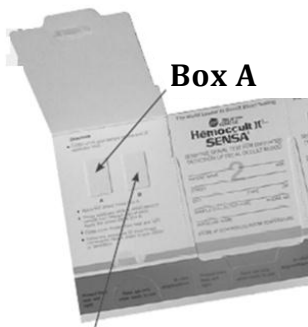
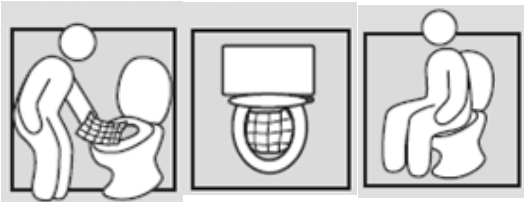
Step 1

1. Write your **NAME** and **DATE** on Section 1.

Step 2

When you are ready to have a bowel movement:

1. Remove any toilet bowl cleaners from toilet tank.
2. Flush toilet twice.
3. Lift toilet seat.
4. Spread collection tissue across bowl.



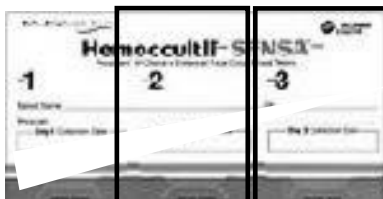
Box B

Step 3

1. Collect a small amount of stool on the stick and smear it *thinly* in **Box A**.
2. Take another sample **from a different area** of the stool and smear it *thinly* in **Box B**.
3. Close and secure the cover of Section 1.

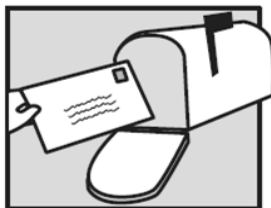
Step 4

1. Within one week, **REPEAT** for Section 2 and Section 3, on different days.
2. Remember—write your **NAME** and the **COLLECTION DATE** on the cover of each Section.



Step 5

1. Allow the completed card to dry overnight.
2. Place the card in mailing envelope and seal it.
3. Stamp the envelope and mail it to your clinic.



Remember—early detection could save your life!

Stool blood tests are a simple, easy and reliable way to detect blood in your bowel movement (stool), which may be a sign of colon cancer.

Preparing to test

Medication Preparation*

For seven (7) days before and during testing:

- avoid non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil) or naproxen (Aleve)
- take no more than one adult aspirin daily; acetaminophen (Tylenol) can be taken as needed
- avoid vitamin C or iron supplements that contain more than 250 mg of vitamin C

** Please talk to your doctor or pharmacist if you have questions about medications you take.*

Diet Preparation

For three (3) days before and during testing:

- eat a well-balanced diet, including fiber such as bran cereals, fruits,* and vegetables
- avoid red meats such as beef, lamb, and liver
- avoid alcohol

** Do not eat or drink more than 2 citrus fruits daily.*

When not to test

Postpone your test:

- If you are menstruating (having your period).
- If you have visible blood in your stool or urine, have bleeding hemorrhoids, or have a urinary tract infection. **Contact your doctor** if you have these conditions.

Notes

- Do **NOT** place the collection card in a plastic bag.
- Do **NOT** put the collection card in your refrigerator.
- **DO** protect the collection card from heat, light, and chemicals such as iodine, ammonia, bleach, and household cleaners.