

PATIENT INSTRUCTIONS



Collection of Stool Specimen — Occult Blood

PLEASE READ CAREFULLY

- **Do not collect stool specimen from the toilet.**
- **When delivering your specimen, remember to bring your laboratory requisition.**

Specimen Collection for Occult Blood (Hemoccult or Seracult Slide):

- **Do not eat any red meat** for three days prior to the time you begin sample collection. You also should avoid eating **raw** servings of turnips, broccoli, horseradish, cauliflower, cantaloupe, parsnip or red radishes. Stay on this diet until all specimens have been collected.
- Collect three different stool specimens. Each specimen should be collected in its own clean, disposable container, such as a margarine tub or similar container.
- Each time you collect a specimen, open the tab on a new card and use the applicator or a tongue depressor to take **a very small amount** of stool specimen.
- As instructed, apply thin smear of specimen in one of the windows; then take a **second** sample from a different location of the same specimen and apply a thin smear in the second window.
- Close the cover.
- Label each card with your name and the date of collection.
- Store at room temperature.
- Deliver all three cards at one time to any TriCore patient care center within one week of completion. (If you do not live in a city that has a TriCore patient care center, deliver specimen to the healthcare provider who ordered the test.)

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IF YOU HAVE QUESTIONS

Please call TriCore Reference Laboratories'
Client Services Department at 505-938-8922 (in Albuquerque)
or toll-free at 800-245-3296 (outside the Albuquerque area).



PATIENT INSTRUCTIONS



Collection of Stool Specimen — Microbiology Testing

PLEASE READ CAREFULLY

- **Do not collect stool specimen from the toilet.**
- **When delivering your specimen, remember to bring your laboratory requisition.**

CAUTION: DO NOT DRINK FLUID IN VIALS.

Follow these instructions when your healthcare provider orders any of the following tests:

- Stool Culture
- Clostridium difficile toxin (C. diff.)
- Rotavirus
- Helicobacter pylori Antigen
- Giardia EIA
- Cryptosporidium EIA
- Ova and Parasites (O&P)

Filling all three vials provided (green-, orange- and white-cap) with stool specimen assures that we will have sufficient specimen to perform all Microbiology tests your physician orders.

- Collect the stool specimen in the container provided, or in any clean, disposable container, such as a margarine tub.
- Using the scoop attached to each vial cap, scoop approximately 1-2 teaspoons of specimen into each of the three vials you were provided (green-, orange- and white-cap).
- Label all three vials with patient name, date of birth, date and time of collection and name of ordering healthcare provider.
- Refrigerate all three vials and deliver to any TriCore patient care center within 24 hours. (If you do not live in a city that has a TriCore patient care center, deliver specimen to the healthcare provider who ordered the test.)

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