

## PATIENT INSTRUCTIONS

### 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 cover
- Label each card with you 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.)

**If you have questions please call TriCore's Client Services Department at 505.938.8922 (in Albuquerque) or toll-free 800.245.3296 (outside the Albuquerque area).**