

Darnall Army Community Hospital, Fort Hood, Texas

Department of Pathology & Area Laboratory Services

Care - Quality - Readiness



INSTRUCTIONS Occult Blood Test

For a period of 72 hours before and during the collection of specimens:

- Do not take aspirin or anti-inflammatory medication.
- Do not eat any citrus fruits or drink any citrus juices (orange, grapefruit).
- Do not take any vitamins, especially iron or vitamin C in excess of 250 mg per day.
- Do not eat red meat, horseradish, turnips, melons, broccoli, cauliflower, bean sprouts, cucumber, green beans, parsley, zucchini, lemon rind, or mushrooms.

Food to eat:

- Chicken, turkey or fish
- Other vegetables, fruits, peanuts, popcorn, and bran cereal

If any of the above are known from a past experience to cause discomfort, please inform your physician or nurse practitioner.

After 72 hours of observing the above restrictions to your diet:

- Collect specimens for three (3) consecutive days.
- Use one card for one bowel movement per day.
- Follow the collection instructions on the inside of the card.
- Label each card with your name, sponsor's Social Security Number and date collected.
- Put the cards in the Laboratory transport bag and keep in a cool place.
- Take the three cards to the Laboratory with five days after the first card is collected.
- Do not store the specimens more than five days.