

Hemoccult II Sensa Fecal Occult Blood Test Instructions

Important

- * For seven days before the first sample to the end of the collection period:
 - do not use non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or aspirin (more than 325 mg / day).
- * For three days before the first sample to the end of the collection period:
 - do not take more than 250 mg/day of vitamin C supplements.
 - do not eat or drink citrus fruits or juices like orange or grapefruit
 - do not eat red meat like beef or lamb.
 - do not use a toilet bowl cleaner.
- * Check with your doctor or nurse practitioner before stopping medications ordered by them.
- * Do not collect samples if you are having your period.
- * Do not collect samples if blood is visible in your stool.

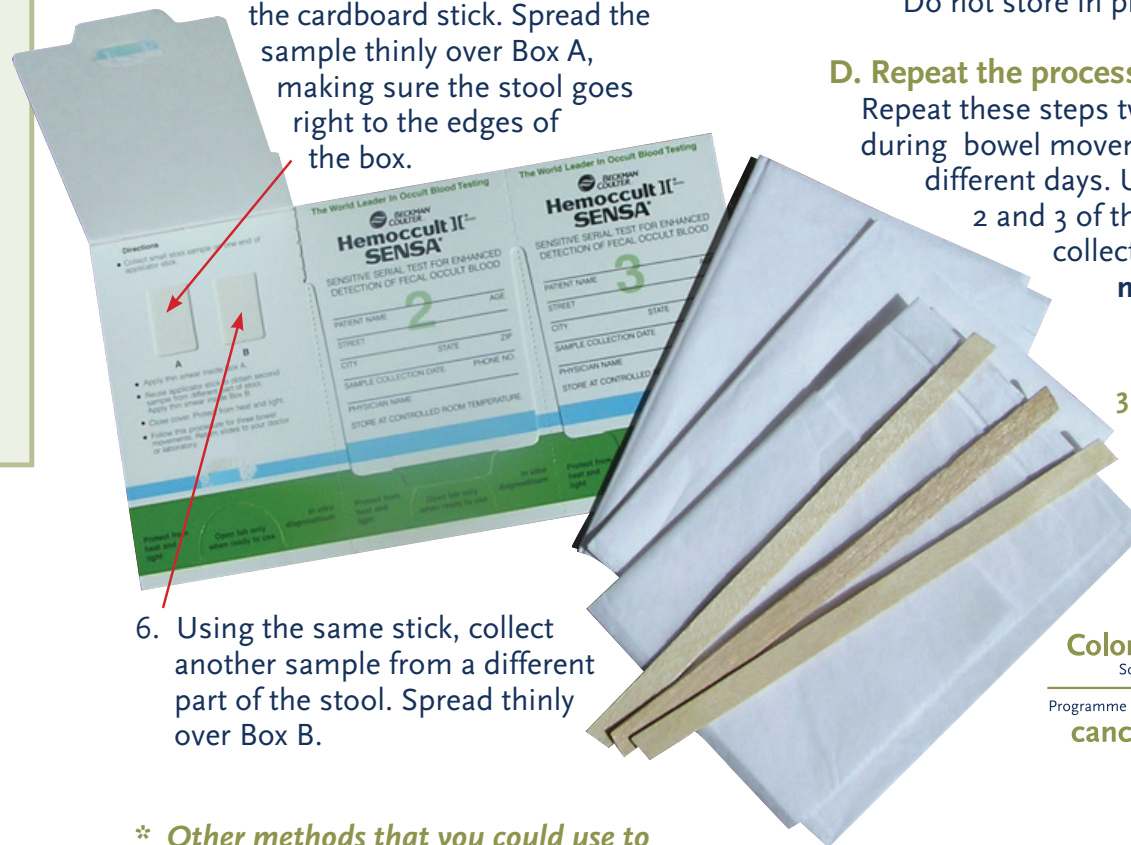
Collecting your screening sample

A. Prepare your materials

1. Fill in the front flap of section 1 on the sample collection card.
2. Open front flap of section 1 on the card. You will see two boxes labeled A and B. (Do not open the flaps on the back of the card).
3. Place the card, one cardboard stick, and one collection tissue on a clean surface within reach.

B. Collect the samples *

1. Empty your bladder.
2. Flush the toilet.
3. Unfold a collection tissue. Spread it onto the water in the toilet bowl. Tissue edges should stick to the sides of the bowl.
4. Have bowel movement. Stool will fall onto collection tissue.
5. Collect a small sample of the stool with the cardboard stick. Spread the sample thinly over Box A, making sure the stool goes right to the edges of the box.



6. Using the same stick, collect another sample from a different part of the stool. Spread thinly over Box B.

* Other methods that you could use to collect your stool sample include:

- a. passing bowel movement into a clean container such as a margarine container.
- b. using a large folded piece of toilet paper.

C. Finish up

1. Flush stool, and collection tissue.
2. Throw stick into waste container.
3. Wash your hands.
4. Close flap of section 1.
5. Store the card in the envelope and keep away from sunlight, heat and household cleaners. Do not store in plastic bag.

D. Repeat the process

Repeat these steps two more times during bowel movements on different days. Use sections 2 and 3 of the stool sample collection card. **Do not separate the sections.**

3 Cardboard Sticks

3 Collection Tissues

Manitoba
Colorectal Cancer
Screening Program

Programme manitobain de dépistage du
cancer colorectal


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