



Checklist for patients collecting a faecal occult blood sample

The following recommendations are concerned with stool sample collection for determining occult gastrointestinal bleeding:

1. Patients can continue their usual diet, there is no need for a special diet prior to the test.



2. Samples cannot be collected if the patient is menstruating and three days before or after menstruation, if the patient is bleeding from haemorrhoids or there is visible blood in the stool.



3. Alcohol, aspirin, anticoagulants or other medication can irritate the gastrointestinal tract, therefore, the patient should not take these substances for at least 48 hours prior to the test.



4. High iron supplement intake should be cut 1-2 days prior to the sample collection.
5. Before collecting the sample, keep the container for the stool sample (you can purchase it at a pharmacy) at room temperature.
6. Collect the stool sample using the stool collection kit:
 - Keep the container upright and unscrew the lid.
 - Use the spoon/spatula in the kit to collect a sample from 3-4 different spots in the stool (a teaspoon amount is enough).
 - Put the spoon/spatula with the scooped sample into the container and screw the lid shut tightly.
 - Indicate your name, surname, and date of birth on the container.
 - Delivering the sample to the lab on the same day is recommended. Keep the sample at room temperature.
 - If you are to submit the sample the next day, keep it in the fridge (+2-+8°C).

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I-V 7.00 a.m.–8.00 p.m. MRI examinations 7.00 a.m.–9.00 p.m.

VI 8.00 a.m.–3.00 p.m. MRI examinations – 7:00 a.m.–7:00 p.m.

VII 9.00 a.m.–3.00 p.m. Only MRI examinations.

 The laboratory closes 30 minutes earlier than indicated.