



Biohealth Medical Laboratory

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OCCULT BLOOD

Proper patient preparation is important because some products may contain chemicals similar to those in blood which may result in *false positive* reactions. The following should be avoided for at least

3 days before and during the 3 days of testing.

- (1). No *red* or *rare* cooked meat (beef, lamb, pork, liver, other...). You may have small to moderate amounts of *well-cooked* chicken, turkey, fish, or canned tuna.
- (2). Avoid high peroxidase-containing fruits and vegetables, including turnips, broccoli, radishes, horseradish, red radish, cantaloupes and other melons, parsnips, or cauliflower. You may eat lettuce, corn, spinach, carrots, celery and other fruits and vegetables not listed above.
- (3). Avoid non-steroidal anti-inflammatory drugs such as ibuprofen (sold as Advil, Motrin, Nuprin, ect.), Naproxen (sold as Aleve, Naprosyn, Anaprox), Indomethacin (Indocin) or aspirin (>325 mg/day) for seven (7) days before and during the stool collection period. Acetaminophen (Tylenol) can be taken as needed.
- (4). Avoid anti-coagulants, arthritis medication, iron, and iodine. *If in doubt*, please contact your doctor or laboratory. DO NOT stop medication without your doctor's approval. Iron or preparations containing iron may cause false positive results.
- (5). Avoid Vitamin C, especially in doses greater than 250 mg/day from supplements, citrus fruits and juices – may cause false negative results.
- (6). No testing should be performed in the presence of bleeding (example menstrual period, hemorrhoids, or blood in urine): the *Occult* Blood test is for occult (hidden) blood.