Hemoccult Test

The hemoccult test is done to check if you have any sign of bleeding in your stool. You may need to give samples from 3 different bowel movements.

You will be given a kit that will have:

- An envelope
- Sticks to collect the stool samples
- 3 test cards

Follow these steps to collect the stool samples:

1. Open the envelope. Remove the 3 test cards.
2. Use a ball point pen to write your name, age and address on the front of each of the 3 cards. Put the cards back in the envelope.
3. Just before you have a bowel movement, remove **Card 1** from the envelope and put the date on the card.
4. Open the front of **Card 1** and use one of the sticks to collect a small sample of stool. Put the sample inside **Box A**.
5. Use the same stick to collect a second sample from a different part of the stool. Place this sample in **Box B**.
6. Close the flap over the card and throw the stick away in the trash.
7. Put the card in the envelope to store it until all 3 samples are collected.
8. Repeat steps 3-7 to collect 2 more samples for **Card 2** and **Card 3**.
9. After all the samples are collected, return the samples to your doctor or lab, as directed.

Baaritaanka Hemoccult

Baaritaanka hemoccult waxaa loo sameeyaa si loogu hubiyo haddii aad wax calaamado dhiig saxarada soo raaca ah aad leedahay. Waxaa laga yaabaa in aad u baahato in lagaa qaado samballo 3 saxaro oo kala duwan.

Waxaa lagu siin doonaa xirmo ay ku jiri doonaan:

- Baqshad
- Ulo si aad sambalka saxarada ugu qaaddo
- 3 kaar oo baaritaan

Raac tallaabooyinkaan si aad samballada saxarada u qaaddid:

1. Baqshadda fur. Ka soo bixi 3-da kaar ee baaritaanka.
2. Isticmaal qalin biire si aad ugu qorto magacaaga, da'da iyo cinwaanka dhinaca hore ee mid kasta oo ka mid ah 3-da kaar. Kaararka baqshadda ku celi.
3. Ka hor inta aadan saxaroon, baqshadda ka soo saar **Kaarka 1** ka dibna karaka taariikhda ku qor.
4. Fur dhinaca hore ee **Kaarka 1** ka dibna isticmaal mid ka mid ah ulaha si aad ugu qaaddo sambal <u>yar</u> oo saxaro ah. Sambalka ku rid **Sanduuqa A** gudihiisa.
5. Isla ushii u isticmaal in aad ku qaaddo sambalka labaad qayb kale oo saxarada ka mid ah oo meeshii hore ka duwan. Sambaalkaan geli **Sanduuqa B**.
6. Kaarka warqadda ka furan ku xir ushana qashinka isaga tuur.
7. Kaarka ku rid baqshadda si aad meel u dhigto ilaa 3-da sambal oo dhan laga wada qaadayo.
8. Ku soo celi tallaabooyinka 3-7 si aad u qaaddid 2 sambal oo kale oo loogu talogalay **Kaarka 2** iyo **Kaarka 3**.
9. Marka samballada oo dhan la qaado ka dib, samballada ku soo celi takhtarkaaga ama shaybaarka, hadba sida lagu faro.

Special notes about this test:

- For 7 days before and during the test period, do not take aspirin or other medicines that have aspirin in them. If your doctor has told you to take aspirin each day, check with your doctor about stopping before this test.
- For 72 hours before and during the test period **avoid**:
  - More than 350 mg of Vitamin C in your diet or as supplements
  - Red meat, such as beef, lamb and liver, including processed meats
  - Raw vegetables and fruit such as melons, radishes, turnips, and horseradish

Talk to your doctor or nurse if you have any questions or concerns.

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Qoraallo gaar ah oo baaritaankaan ku saabsan:

- Ilaa 7 maalmood oo ka horreysa iyo waqtiga baaritaanka, ha qaadannin asbiriin ama daawooyin kale oo asbiriin uu ku jiro. Haddii uu takhtarkaagu kuu sheegay in aad maalin walba qaadatid asbiriin, takhtarkaaga ugu tag joojinta baaritaankaan ka hor.
- Ilaa 72 saacadood oo baaritaanka ka horreysa iyo waqtiga baaritaanka **ka fogow**:
  - Wax ka badan 350 mg oo Fitamiin C ah oo cuntadaada ku jira ama dheeraad ku ah
  - Hilib guduudan, sida lo'da, idaha iyo beerka, marka lagu daro hilibka warshadeysan
  - Khudrad ceeriin ah iyo furuto sida qaraha, bagalka, daba casaha, iyo horseradish

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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