

# 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.

# 隐血试剂测试

做隐血试剂测试是为了检查你的大便中是否有任何出血症状。你可能需要有3次不同的大便样。

将给你一个试剂包，内装：

- 一只信封
- 收集大便样的小棒
- 3张测试卡

**按照以下步骤收集大便样：**

1. 打开信封。拿出3张测试卡。
2. 用圆珠笔将你的名字、年龄和住址写在每3张卡的正面。将卡放回信封中。
3. 在你快要大便之前，将卡片**1**从信封中取出，给卡片写上日期。
4. 将卡片**1**的正面打开，用一支小棒取少量大便样。将大便样放入**A盒**中。
5. 用同一小棒从另一大便部分取第二个大便样。将此大便样放在**B盒**中。
6. 将卡片合上并将小棒丢入垃圾。
7. 将卡片放入信封保存，直至收到所有3个大便样。
8. 重复第3-7步骤，为卡片**2**和卡片**3**收另外2个大便样。
9. 所有大便样都收好后，请按说明将大便样送还给你的医生或化验室。

**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.**

### 此测试的特别注意事项:

- 测试前 7天和测试期间请免服用阿司匹林或含阿司匹林的其他药物。如有每天服用阿司匹林的医嘱，请和你的医生核实是否在测试前停药。
- 测试前 72小时和测试期间请**免**服用：
  - 350 毫克以上的维生素 C，无论是在饮食中或是增补片
  - 红肉，如牛肉、羊肉和肝，包括加工肉类
  - 生蔬菜水果，如瓜类、小萝卜、萝卜和辣根

如有任何疑问或关注事宜，请告知你的医生或护士。

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Hemoccult Test. Simplified Chinese