

Hemoccult Test

The hemoccult test is done to check if you have blood in your stool. You will need to collect stool samples from bowel movements on 3 different days and apply to test cards.

You will be given a kit that will have:

- An envelope for storing and mailing your completed test cards
- 3 sticks to collect the stool samples
- 3 test cards
- 3 flushable tissues to collect stool samples. If your kit does not come with tissues, use a clean, dry container.

Special notes about this test:

- Do not collect a sample if blood is visible in your stool or urine such as from a menstrual period, hemorrhoids or urinary tract infection.
Call your doctor.
- Collect the stool before it has contact with toilet bowl water. Use the tissue in your kit or a clean, dry container.
- Completed test cards must be mailed **within 14 days** of the first sample collected.
- For **7 days** before and during the test period, do not take aspirin (more than one adult aspirin a day), ibuprofen (Advil, Motrin), or naproxen (Aleve).
- For **3 days** before and during the test period **avoid**:
 - ▶ More than 250 milligrams (mg) of Vitamin C in your diet or as supplements
 - ▶ Red meat, such as beef, lamb and liver, including processed meats

隐血试剂测试

做隐血试剂测试是为了检查您的大便中是否有血。您将需要收集不同 3 天的大便样品并应用测试卡。

将给您一个试剂包，内装：

- 一只信封，用于储存并邮寄您已完成的测试卡
- 收集大便样的 3 根小棒
- 3 张测试卡
- 3 张可在马桶中冲掉的薄膜，以用于收集大便样品。如果您的试剂包中未包含薄膜，请使用清洁、干燥的容器。

关于本测试的特别说明：

- 如果您的大便或尿液中明显有血，如月经期间、痔疮或尿路感染，请勿收集样品。**请致电您的医生。**
- 在大便接触马桶水面之前收集大便样品。使用试剂包中附带的薄膜或清洁、干燥的容器。
- 完成的测试卡必须在第一个样品收集后 **14 天内** 寄出。
- 测试前 **7 天** 和测试期间，请勿服用阿司匹林（每天超过一片成人阿司匹林）、布洛芬（Advil、Motrin）或者萘普生（Aleve）。
- 测试前 **3 天** 和测试期间**忌**：
 - ▶ 膳食或补充物中超过 250 毫克（mg）维生素 C。
 - ▶ 红肉，如牛肉、羊肉和肝脏，包括加工后的肉类。

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. Unfold a tissue and let it float on the surface of the toilet bowl water. Allow the edges to stick to the sides of the bowl. Let your stool fall onto the tissue. You may also use any clean, dry container to collect your stool.
5. Open the front of **Card 1** and use one of the sticks to collect a small sample of stool. Make sure the stool does not have contact with the toilet bowl water. Put the sample inside **Box A**.
6. Use the same stick to collect a second sample from a different part of the stool. Place this sample in **Box B**.
7. Close the flap over the card and throw the stick away in the trash. If used, flush the tissue.
8. Put the card in the envelope to store it until all 3 samples are collected.
9. Repeat steps 3 to 8 to collect 2 more samples for **Card 2** and **Card 3**.
10. After all the samples are collected, mail or return the samples to your doctor or lab, as directed.

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

按照以下步骤收集大便样：

1. 打开信封。拿出 3 张测试卡。
2. 用圆珠笔将您的名字、年龄和住址写在每 3 张卡的正面。将卡放回信封中。
3. 在您快要大便之前，将**卡片 1**从信封中取出，在卡片写上日期。
4. 展开薄膜并使其漂浮在马桶水的表面。将薄膜的边缘贴在马桶壁上。排便并让其落在薄膜上。您也可以使用任何清洁、干燥的容器来收集大便样。
5. 将**卡片 1**的正面打开，用一支小棒取少量大便样。确保大便没有接触到马桶中的水。将大便样放入**A 盒**中。
6. 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。
7. 如果薄膜已使用过，将其冲掉。
8. 将卡片放入信封保存，直至收到所有 3 个大便样。
9. 重复第 3 至 8 步骤，为**卡片 2**和**卡片 3**收另外 2 个大便样。
10. 所有大便样都收好后，请按说明将大便样送还您的医生或化验室。

如有任何疑问或关注事宜，请告知您的医生或护士。

2005 – 9/2011 Health Information Translations

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Hemoccult Test. Simplified Chinese.