

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).

Baaritaanka Dhiig ka Baadhista Saxarada (Hemoccult)

Baaritaanka dhiig ka baadhista saxarada waxaa loo sameeyaa si loogu hubiyo haddii aad wax dhiig saxaradaada la socdo. Waxa aad u baahan doontaa inaad soo ururisid saamballo/qaybo saxaro oo ka yimid saxaro ah wakhtiyo kala duwan oo ah 3 maalmood oo kala duwan waxa kale oo lagaa rabi doonaa inaad marisid kaadhahka baadhitaanka.

Waxaa lagu siin doonaa xirmo ay ku jiri doonaan:

- Baqshad lagu kaydiyo oo laguna soo diro kaadhahka baadhitaanka ee saxaro marisay ama buuxisay iyadoo boosta lagu soo dirayo
- 3 ul si aad sambalka saxarada ugu qaaddo
- 3 kaar oo baaritaan
- 3 waraaq oo musqusha la raacin karo si aad ugu ururisid saamballada saxarada. Haddii xidhmadaada aanay waraaq la socon, isticmaal weel nadiif ah oo qallalan.

Fariimo gaar ah oo ku saabsan baadhitaankan:

- Ha qaadin saambal saxaro haddii dhiig laga arki karo saxaradaada ama kaadidaada sida dhiig ka yimid dhiigga caadada, babaasiir ama caabuq ku dhacay marinka kaadida. Wac dhakhtarkaaga.
- Ururi saxarada ka hor inta aanay taaban biyaha godka musqusha. Istickmaal waraaqda la socota xidhmadaada ama weel nadiif ah oo qallalan.
- Waa in boosta lagu soo diro kaadhahka baadhitaanka ee la buuxiyay **14 maalmood gudahooda** oo laga bilaabayo maalinta ugu horreeya ee la ururiyo saambalka.
- Mudo ah **7 maalmood** oo ka horeysa baadhitaanka iyo inta lagu jiro, ha qaadan asbiriin (ka badan hal asbiriin qof weyn maalintii), ibuprofen (Advil, Motrin) ama naproxen (Aleve).

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- 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

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.

- Mudo ah **3 maalmood** oo ka horeysa baadhitaanka iyo inta lagu jiro **iska ilaali**:
 - ▶ Wax ka badan 250 miligaraam (mg) oo ah Fitamiinka C oo ku jira cuntadaada ama kaabisyo
 - ▶ Hilib cas, sida hilib lo', hilib adhi iyo beer, waxana ku jira hilibaha warshadeysan

Raac tallaabooyinkan 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 **Kaaraka 1** ka dibna karaka taariikhda ku qor.
4. Kala fur waraaq oo ha dul sabeyso oogada biyaha godka musqusha. Cidhifyada u oggolow inay ku dhagaan dhinacyada godka. Saxaradaada ku aadi oo ha ku dul dhacdo waraaqda. Waxa kale oo aad isticmaali kartaa weel kasta oo nadiif ah oo qallalan si aad u ururisiid saxaradaada.
5. Fur dhinaca hore ee **Kaaraka 1** ka dibna isticmaal mid ka mid ah ulaha si aad ugu qaaddo sambal yar oo saxaro ah. U hubso in saxaradu aanay taaban biyaha godka musqusha. Sambalka ku rid **Sanduuqa A** gudihiisa.
6. 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**.
7. Kaarka warqadda ka furan ku xir ushana qashinka isaga tuur. Haddii la isticmaalay, waraaqda raaci biyaha.
8. Kaarka ku rid baqshadda si aad meel u dhigto ilaa 3-da sambal oo dhan laga wada qaadayo.

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.

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9. Ku soo celi tallaabooyinka 3 ilaa 8 si aad u qaaddid 2 sambal oo kale oo loogu talagalay **Kaarka 2** iyo **Kaarka 3**.
10. Marka samballada oo dhan la qaado ka dib, samballada ku soo celi takhtarkaaga ama shaybaarka, hadba sida lagu faro.

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

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