

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

隱血試劑測試

做隱血試劑測試是為了檢查大便中是否有血。您將需要收集 **3 個不同日子**的大便樣本並用測試卡。

將給您一個試劑包，內裝：

- 一隻信封，用於儲存並郵寄您已完成的測試卡
- 收集大便樣本的3根小棒
- 3 張測試卡
- 3 張可沖在馬桶中沖掉的薄膜，以用於收集大便樣本。如果您的試劑包中未包含薄膜，請使用清潔、乾燥的容器。

關於本測試的特別說明：

- 如果您的大便或尿液中明顯有血，如月經期間、痔瘡或尿路感染，請勿收集樣本。**請致電您的醫生。**
- 在大便接觸馬桶水面之前收集大便樣本。使用試劑包中附帶的薄膜或清潔、乾燥的容器。
- 完成的測試卡必須在第一個樣本收集後 **14 天**內寄出。
- 測試前 **7 天**和測試期間，請勿服用阿斯匹靈（每天超過一片成人阿斯匹靈）、布洛芬 (Advil、Motrin) 或者萘普生 (Aleve)。
- 測試前 **3 天**和測試期間禁忌：
 - ▶ 膳食或補充物中超過 250 毫克 (mg) 維生素 C。
 - ▶ 紅肉，如牛肉、羊肉和肝臟，包括加工後的肉類。

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.

按照以下步驟收集大便樣本：

1. 打開信封。拿出 3 張測試卡。
2. 用圓珠筆將您的名字、年齡和住址寫在每 3 張卡的正面。將卡放回信封中。
3. 在您快要大便之前，將**卡片 1** 從信封中取出，在卡片寫上日期。
4. 展開薄膜並使其漂浮在馬桶水的表面。將薄膜的邊緣貼在馬桶壁上。排便並讓其落在薄膜上。您也可以使用任何清潔、乾燥的容器來收集大便樣本。
5. 將**卡片 1** 的正面打開，用一支小棒取少量大便樣本。確保大便沒有接觸到馬桶中的水。將大便樣本放入**A 盒**中。
6. 用同一小棒從另一大便部份取第二個大便樣本。將此大便樣本放在**B 盒**中。
7. 如果薄膜已使用，將其沖掉。
8. 將卡片放入信封保存，直至收到所有 3 個大便樣本。
9. 重複第 3 到 8 步驟，為**卡片 2** 和**卡片 3** 收另外 2 個大便樣本。
10. 所有大便樣本都收好後，請按說明將大便樣本送還給您的醫生或化驗室。

如有任何疑問或擔心，請告訴您的醫生或護士。