Thank you for choosing the Medical College of Georgia Hospitals and Clinics for your health care needs. This information is to help answer some of your questions and to give you instructions to follow. If you have any questions, please ask your doctor or nurse.

**SPECIAL DIAGNOSTIC DIET** (5-7 days prior to and during testing)

Foods to eat:
- Well cooked port, poultry, and fish
- Any cooked fruits and vegetables
- High fiber foods (such as, whole wheat bread, bran cereal, popcorn)

Foods, Medications, and Vitamins to AVOID:
- Red meat (beef, lamb), including processed meats and liver
- Any raw fruits and vegetables (especially melons, radishes, turnips, and horseradish)
- Vitamin C in excess of 250mg per day
- Aspirin or other non-steroidal anti-inflammatory drugs (avoid for 7 days prior to and during the test period).

Discuss any questions you may have regarding the Special Diagnostic Diet with your doctor. The purpose of the restrictive diet is to prevent false-positive or false-negative test results.

**STORAGE AND STABILITY**

Store hemoccult cards at controlled room temperature (59-86°F) in original packaging. Protect from heat and light. Do not store near chemicals (such as, iodine, chlorine, bromine, or ammonia).

Do not refrigerate or freeze hemoccult cards.

**SAMPLE COLLECTION**
- The Hemoccult SENSA test requires only a small stool sample. The sample may be collected from the toilet bowl with the aid of an applicator stick, toilet tissue, or collection tissue (provided with Hemoccult SENSA Dispensapak Plus kit).
- Open the front window of the card and place a THIN SMEAR of stool in Box A. Obtain another small amount of stool from a different site and place a THIN SMEAR of stool in Box B. Close the cover flap on the card.
- Obtain samples on 3 hemoccult cards from 3 consecutive bowel movements.
- Return all hemoccult cards to the physician’s office or by mail using the mailing envelope included in the Dispensapak Plus kit. Current U.S. Postal Regulations prohibit mailing completed test cards in standards paper envelopes. U.S. Postal Service approved mailing pouches can be used.

Stool samples should not be collected if you are experiencing visible blood in your urine or obvious rectal bleeding, such as from hemorrhoids. Pre-menopausal women should avoid collecting stool samples during or in the first three days after a menstrual period.
If you have any questions, please call your nurse at 721-___________.
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