

95536.4620 Hemocult® Sensa® Sample Collection Instructions - English

Copy of version 1.0 (approved and current)

**Last Approval or
Periodic Review Completed** 9/17/2025**Next Periodic Review
Needed On or Before** 9/17/2026**Effective Date** 2/26/2024**Controlled Copy ID** 589372**Location** Lab Test Directory**Organization** LGH Main Lab - Lancaster General
Hospital**Approval and Periodic Review Signatures**

Type	Description	Date	Version	Performed By	Notes
Periodic review	Manager of Ambulatory Lab Testing	9/17/2025	1.0	<i>Antoine Estevez</i> Antoine Estevez	
Periodic review	Manager of Ambulatory Lab Testing	12/3/2024	1.0	<i>Antoine Estevez</i> Antoine Estevez	
Approval	Manager Ambulatory Laboratory Testing	2/26/2024	1.0	<i>Antoine Estevez</i> Antoine Estevez	

Signatures from prior revisions are not listed.

Version History

Version	Status	Type	Date Added	Date Effective	Date Retired
1.0	Approved and Current	Initial version	2/26/2024	2/26/2024	Indefinite

Hemocult® Sensa® Sample Collection Instructions - English

95536.46201.0
2/26/2024

TITLE: HEMOCCULT® SENSa® SAMPLE COLLECTION INSTRUCTIONS- ENGLISH

Your Physician or Provider has asked you to collect stool samples for Occult Blood Testing.

Once you have obtained your Hemocult® Sensa® Cards, follow these diet instructions:

- A. It is okay to eat:
- Pork, chicken, turkey and fish
 - Fruits and vegetables
 - High fiber foods (e.g. whole wheat bread, bran cereal, popcorn)
- B. It is okay to take:
- Acetaminophen (Tylenol)
 - Up to one adult aspirin (325mg) a day
- C. 7 days prior to and during sample collection, **AVOID:**
- More than one adult aspirin (325mg) a day
 - Other non-steroidal anti-inflammatory drugs such as ibuprofen (Motrin, Advil)
Please talk to your physician or pharmacist if you have any questions about medications you take regularly
- D. 3 days prior to and during sample collection, **AVOID:**
- Red meat (beef, lamb or liver)
 - More than 250mg Vitamin C a day from supplements, and citrus fruits and juices
 - Some Iron supplements contain Vitamin C in excess of 250mg

When you are ready to begin collection of samples, follow these instructions:

1. Write your name, Date of Birth and Physician name on the front of the Test Card



2. Fill in the Day 1 Collection date

3. Open Day 1 Flap

4. Urinate before bowel movement, if possible

5. Collect stool using one of the following options (**A or B**):

Collection Option A (Tissue + Plastic Wrap – preferred method)

1. Obtain a 2 feet long piece of plastic wrap (not included)

2. Flush toilet

3. Lift lid of toilet and secure the plastic wrap across the back half of the bowl, allowing



middle to hang down just above the water level



4. Unfold the provided tissue, place on top of plastic wrap

5. Lower seat

6. Have bowel movement

-OR-

TITLE: HEMOCCULT® SENSa® SAMPLE COLLECTION INSTRUCTIONS- ENGLISH

Collection Option B (Tissue Alone)

1. Flush toilet



2. Unfold the provided tissue
3. Float tissue on surface of water



4. Allow edges to stick to sides of bowl
5. Have a bowel movement

Sample Application: After following either A or B Collection instructions above

1. Obtain a small stool sample with provided Applicator Stick



2. Apply a thin smear in box A

3. Reuse applicator stick and obtain a second sample from a different part of stool



4. Apply a thin smear in box B

5. Flush tissue and stool only – discard stick and plastic wrap in waste container



6. Close flap

7. Store Test Card in the patient kit envelope

8. Let dry

DO NOT STORE CARD IN ANY MOISTURE-PROOF MATERIAL (e.g. plastic bag)

9. Repeat the above steps for Day 2 and Day 3

After Sample Collection:

Return Hemocult® Sensa® Cards to your provider or the Laboratory Testing Location immediately after preparing the last test.