

## 95536.4620 Hemoccult® 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**

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

#### Signatures from prior revisions are not listed.

#### **Version History**

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

Hemoccult® Sensa® Sample Collection Instructions - English

95536.46201.0 2/26/2024

# P^{ [ 88 | d $\hat{A}$ ] $\frac{1}{2}$ $\hat{A}$ $\hat{A}$

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

## Once you have obtained your Hemoccult® 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:

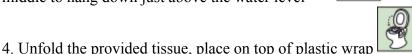
- 1. Write your name, Date of Birth and Physician name on the front of the Test Card
- 2. Fill in the Day 1 Collection date
- 3. Open Day 1 Flap
- 4. Urinate before bowel movement, if possible
- 5. Collect stool using one of the following options (A or B):

#### **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





- 5. Lower seat
- 6. Have bowel movement

-OR-

# P^{ [ 88 | d $\hat{A}$ ] $\frac{1}{2}$ $\hat{A}$ $\hat{A}$

## **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

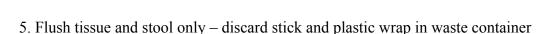
5. Have a bowel movement

## **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





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