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**STOOL OCCULT BLOOD DIET PREPARATION  
INFORMATION SHEET**

**SPECIAL DIAGNOSTIC DIET**

You should be on this diet at least 48 hours before you collect the first stool specimen. Remain on this diet until all Hemoccult slides have been prepared.

<b><u>Foods to Avoid</u></b>	<b><u>Drugs and Vitamins To Avoid</u></b>	<b><u>Foods to Include</u></b>
Rare red meat (beef, lamb, etc) Turnips Horseradish Melons	Vitamin C (in excess of 250 mg daily) Aspirin Anti-inflammatory drugs Iron supplements	Well cooked meats, poultry and fish Bran cereal daily Cooked fruits and vegetables Peanuts, popcorn

If any of the above items present possible problems to you, please consult your physician.

**HOWEVER, DO NOT EAT ANY PART OF THIS DIET IF IT UPSETS YOUR SYSTEM.**

1. Print your name and date on the front cover.
2. With a wooden applicator apply a thin smear of stool inside box A.
3. Take another sample from a different area of the stool and smear a thin sample inside Box B.
4. Close cover, put aside.
5. Repeat procedure with the next two bowel movements, putting smears in two Hemoccult slide booklets.
6. Do not collect if you are bleeding from hemorrhoids, menses or dental work.
7. When all three slides are completed bring them in a little plastic bag to the office.