

## ULOSTEEN VERI, ENGLANNINKIELINEN (BLOOD IN STOOL)

## BLOOD IN STOOL

This test will determine the presence of gastrointestinal bleeding through hidden (occult) blood in the stool.

### Preparation for sample collection

You can eat and drink normally.

Alcohol and painkillers should be avoided for 3 days before sample collection. If you are taking any medication regularly, ask your doctor if you should stop the medication for the duration of the test or if you are testing for medication-induced bleeding.

### Sample collection

You have received a sample tube for sample collection.

The sample tube contains colourless liquid. The liquid consists of substances that are harmful to your health. Do not touch the inside of the sample tube/cap or the liquid.

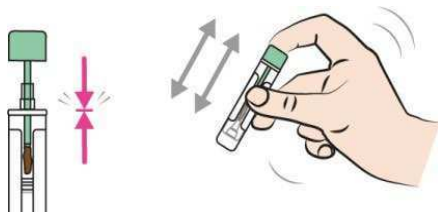
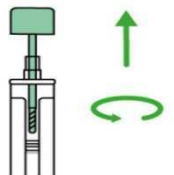
Take a suitable clean object on which you can defecate, such as a disposable plate or a newspaper. Do not collect the sample directly from the toilet bowl.

Open the green cap of the sample tube by twisting it.

If the stool is hard, add a little water to it so that it is easier to collect on the sample stick. If the stool is loose, wipe the sample stick dry with e.g. toilet paper before inserting the stick into the stool.

Collect stool using the tip of the stick in the cap of the sample tube by brushing the stick back and forth 2–3 times in the stool. It is sufficient that the threaded part of the stick is covered in stool.

Put the cap with the stick back into the sample tube, and close the cap by pressing it carefully until it snaps shut. Do not open the cap again. Shake the sample tube vigorously a few times.



Write the following information on the adhesive label

as soon as you have completed the sample

- collection: your name
- your social security number
- date of sample collection

Store the sample tube in the refrigerator before sending the sample to the laboratory for testing. Do not freeze the sample.

### Note:

If you have been instructed to collect several samples, collect them at different times, as this will increase the reliability of the test result. Do not drink the liquid in the tube. Do not collect the sample during menstruation.