

COPROSCOPY/ OCCULT BLOOD/ PARASITOLOGICAL TEST IN STOOLS

Dear patient,

In order to ensure a reliable result, please follow the recommendations below:

Important: If you have seen mucus and/or blood in your stools and that portion was not included in the sample collected, please report it.

- Sample collection must be performed 3 days after the end of your menstrual period.
- Results may be altered by menstrual periods, hemorrhoids bleeding, gingival bleeding (gums) or, if you have seen blood in your urine, please inform about your case.
- Alcoholic beverages, Aspirin, Anti-inflammatory drugs, Iron and Vitamin C supplements should be interrupted at least 2 days before sample collection, because they may cause gastrointestinal tract irritation and/or bleeding (If you take any of these medications under prescription, ask your doctor first before interrupting any medication).
- Samples should have preferably been passed spontaneously and be the first in the morning.
- Do not use barium- or magnesium-containing purgatives. If you are under treatment, you may use instead saline substances, such as sulfate, phosphate, or sodium carbonate.
- Do not mix samples with urine, toilet paper, water, soap or dust.
- If you have had a barium X-Ray examination, wait 3 days before collecting the sample.
- Request a container at the Clinical Laboratory and label it with your personal data.
- There are several ways to collect samples, choose the one that is most comfortable for you:

- Newborns and infants: If they wear diapers, you may turn it upside down or use a plastic bag to collect the sample. Avoid contamination with urine.
- School Children and Adults: You may place a clean plastic bag in the toilet to collect stools. Remember not to contaminate samples with water, because it affects the results.
- **Note:** Avoid contact of the sample with common cleaning products for sanitary cleaning.
- Once the sample has been collected, transfer it to the final container provided by the laboratory.
- Take the sample in less than 2 hours to the Laboratory; if it takes longer, you should refrigerate the sample. (Do not freeze).
- Remember to label the container with your personal data before delivering it to the Laboratory.
- **Note:** The Occult Blood test is part of the Coproscopic test, but NOT of the coprological test.
- If you have any questions, please contact us at 331 90 90 (Ext. 3152 – 6468 - 6469- 4154).

Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their Treating Physician recommendations.