POLICY AND PROCEDURE
Created by In Home Primary Care

Stool Guaiac Tests

The stool guaiac test finds hidden blood in the stool (bowel movement).

Stool guaiac cards are available at the lab for pick up. Call first.

- PacLab in Everett 425.258.7701
- PacLab at Stevens Hospital 425.640.4179
- PacLab in Mill Creek 425.316.5119
- Everett Clinic Lab 425.303.3063
- Valley General Hospital (Monroe) 360.794.1408

You will receive a pack of 3 cards. Read the directions on the card. Follow the instructions to lift the tab, revealing the space to apply the smear of BM from 3 consecutive bowel movements. Use one card for each BM.

There are many ways to collect the samples. You can catch the stool in plastic wrap that is loosely placed over the toilet bowl and held in place by the toilet seat. Then put the sample in a clean container. Do not take stool samples from the toilet bowl water, because this can cause errors.

How to Prepare for the Test

Do not eat red meat, or any blood containing food, cantaloupe, uncooked broccoli, turnips, radish or horseradish for 3 days prior to the test.

You may need to stop taking certain medications that interfere with the test. These include Vitamin C and non-steroidal anti-inflammatory medications such as ibuprofen and aspirin. Check with the Primary Care Provider first. Never stop or decrease any medication without consulting your health care provider.

Fecal Occult Blood Test:

*There are new kits that require you to dip a brush into the toilet after having a bowel movement and send the sample to the lab. This method is more reliable and accurate than the older style tests and does not require any dietary restrictions.

Date Established _____________________ Reviewed by _________________________________