

Colorectal Cancer Awareness Month Screening

The Hemoccult Sensa test is a rapid screening method designed for detecting fecal occult blood (blood in the stool), which may be indicative of gastrointestinal disease.

PATIENT INSTRUCTIONS

- For accurate test results, apply samples from bowel movements collected on **three different days** to the enclosed slides. **Use one slide for each day.**
- Do not collect a sample if blood is visible in your stool or urine (e.g., menstruation, active hemorrhoids, urinary tract infection). **Contact your doctor.**
- For the most accurate test results, collect each stool sample before contact with the toilet bowl water. You may use any clean, dry container. A container has been provided for this purpose.
- Return completed slides to the Harrison County Community Hospital Laboratory no later than 10 days after your first sample collection.
- Protect slides from heat, light, and volatile chemicals (e.g., ammonia, bleach, bromine, iodine, household cleaners).
- Write your name, address, phone number, and collection date and time on each slide before the sample is collected.
- When applying samples to the slides, be sure to open the front side of the card (the side on which you have written your name). Do not open the back of the card.
- After collecting samples on three different days, place the slides in the clear biohazard bag and return them to the hospital laboratory. Slides can be returned in person or by mail.
- **Complete the blue information sheet and return it with the slides.**

Drug Guidelines

- For **seven** days before and during the stool collection period, avoid non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin (more than one adult aspirin a day).
- Acetaminophen (Tylenol*) can be taken as needed. *Tylenol is a registered trademark of McNeil Consumer Products.
- For **three** days before and during the stool collection period, **avoid** vitamin C in excess of 250 mg a day from supplements, and citrus fruits and juices. (*100% of RDA of vitamin C for an adult is 60 mg a day. Some iron supplements contain vitamin C in excess of 250 mg.*)
- **Talk to your doctor or pharmacist if you have questions about medications you take regularly.**

Diet Guidelines

- For **three** days before and during stool collection period, **avoid** red meats (beef, lamb and liver).
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

Results

The clinic staff will notify you with your results. If the results are negative, you will not need to follow up on the screening unless instructed to do so by your health provider. If the screening is positive, we will provide additional instructions from your health provider.

If you have questions or concerns about the screening or instructions, please contact your health provider. This screening should not replace a colonoscopy, which is still the definitive test for colorectal cancer.