

North Georgia **Kidney Specialists**

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Hemocult Testing Special Diagnostic Diet Instructions

For accurate test results, it is very important that you follow the diet below for at least 48 hours before collecting the first stool sample. Remain on this diet until you have completed all three slides. If following any part of the special diagnostic diet is a problem, or if you have any questions regarding the diet, please do not hesitate to let us know.

Please read sample collection instructions on the outside of the envelope before proceeding.

Foods to Eat

Well Cooked Pork, Poultry and Fish

Any Cooked Fruits and Vegetables

(if you are on a low potassium diet please continue to avoid high potassium foods)

High Fiber Foods (some examples included whole wheat bread, bran cereal and popcorn)

Foods, Vitamins and Drugs to Avoid

Red Meat (Beef and Lamb, including processed meats and liver)

Any Raw Fruits and Vegetables (especially melons, radishes, turnips and horseradish)

Your doctor may ask you to avoid these for 7 days prior to and during the test period:

*Vitamin C in excess of 250mg Per Day

*Iron Supplements

*Aspirin or other Non-Steroidal Anti-Inflammatory Drugs

- 1) Use a ballpoint pen to write your name, age and address on the front of each slide.**
- 2) After a bowel movement, open the front of slide 1. Use one applicator to collect a small stool sample from the toilet bowl. Apply sample inside box A.**
- 3) Collect a second sample from a different part of the stool with the same applicator. Apply this sample inside box B. Discard applicator in a waste container. Do Not Flush the Wooden Applicator.**
- 4) Close the slide, fill in the date on the front of the slide in envelope.**
- 5) Repeat steps 2-4 for your next bowel movements. Return all slides to your doctor or laboratory immediately after you complete the last test slide.**

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