Preparation for Occult Blood Test

Date: ___________________________  Check-In: ___________________________

What is the Purpose of this Test?

This test is a screening test to detect blood in the gastrointestinal tract.

7 Days Before your procedure

• Stop taking all vitamins (especially Vitamin C), herbs, and iron-rich supplements.
• Stop taking aspirin, Advil (Ibuprofen) and any anti-inflammatory medications.

3 Days Before your appointment

• Begin on the diet specified below.

You May Consume:

✓ Generous amounts of cooked and uncooked vegetables such as lettuce, corn, and spinach
✓ Moderate amounts of high fiber foods such as bran cereal, peanuts, and popcorn
✓ Plenty of fruits such as plums, grapes, and apples
✓ Well cooked pork, poultry, and fish

Do Not Consume:

✓ Rare and lightly cooked meats, particularly beef
✓ Cauliflower, horseradish, red radishes, turnips, broccoli, and cantaloupe

Special Instructions for female patients

If you will be having your menstrual period at the time of your appointment, please call our office to reschedule the test. Thank you!

For Questions or Concerns:
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