

## 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:  
Colon and Rectal Associates of Texas  
972.612.0430**

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