

## Medicine and Diet



**No raw or rare red meat  
(for 3 days)**



**No blood pudding or blood sausage  
(for 3 days)**



**Avoid aspirin or ibuprofen more than  
once a day (for 7 days).**



**Tylenol (acetaminophen) is okay**

# How to Collect 3 Stool Samples for Colon Screening

## 1) Write the Date of Collection on Each Card



## 2) Collect the Stool



(a) In toilet , or

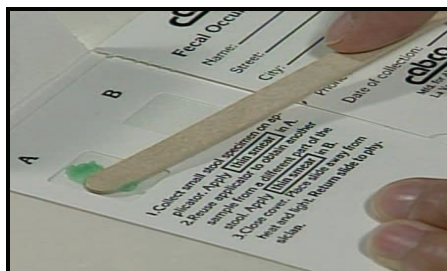


(b) In a container, or



(c) On paper

## 3) Smear Stool in Box A and B for 3 Different Bowel Movements



## 4) Mail All 3 Cards in the Envelope with the Lab Form

