

Laboratory Update

Test Catalog Reminders & Fecal Fit Test How-To

External Test Catalog Reminder:

Please review the appropriate reference laboratory test catalog (Mayo Clinic Laboratories, Warde Medical Laboratory, Quest Diagnostics, etc.) whenever ordering or collecting specimens for tests performed by those laboratories. The test catalog should be used to confirm collection, handling, transport testing, and other pre-analytic requirements.

Following the specific requirements of the performing laboratory helps ensure specimen integrity and reduces the risk of rejected samples, inaccurate results, or delays in testing.

We recently identified collection challenges with the **C5b-9 assay sent to Mayo Clinic Laboratories**. The Mayo test catalog contains detailed specimen collection and handling instructions for this assay, which is particularly sensitive to pre-analytic variables. Please ensure those instructions are followed whenever this test is ordered.

Below are links to the reference laboratory test catalogs to assist with proper test selection and specimen collection requirements.

[Lab Directory](#) (MercyOne Laboratories – Central Iowa)

[Test Catalog - Mayo Clinic Laboratories](#)

[Test Catalog - Warde Medical Laboratory](#)

[Quest Diagnostics: Test Directory](#)



Fecal Occult Blood Immunoassay Test (FIT) – LAB10234

The **Fecal Immunochemical Test** is a noninvasive screening test that detects hidden blood in stools, which can be an early indicator of colorectal cancer or precancerous polyps. FIT can be completed at home and is intended to support early detection when treatment is most effective. A positive result requires follow-up evaluation, usually with a colonoscopy, to determine the source of bleeding.

Specimen Preparation Stool specimen needs to be placed in the green top cassette within 4 hours of collection. Once in the cassette, the specimen is stable for 15 days at Room Temperature and 30 days refrigerated.

Performed Test Frequency: Every day in the MercyOne Des Moines Microbiology Laboratory.