

## Faecal Occult Blood Collection Procedures

This test is used to detect the presence of blood in your faeces, which is not always visible to the naked eye.

Please follow these instructions carefully to ensure your test results are accurate and reliable.

If your doctor has requested more than one specimen, the samples need to be collected each day (and not from the same day) for 3 days.

A separate collection tube must be used on each occasion.

Once collected, tubes must be **immediately** stored in the refrigerator.

Once **ALL** samples have been collected they should be returned to your nearest collection centre or doctor's surgery **on the day** of collection of the last specimen.

Please do not deliver samples one-by-one.

THE FIRST SPECIMEN MUST NOT BE OLDER THAN 4 DAYS

**IMPORTANT:** Please ensure that you label **ALL** specimens with your full name, date of birth and the date and time of collection (as shown over).

### Patient Preparation

- Try to maintain a well balanced diet including fruit, vegetables and cereals for 3 days before specimen collection starts.
- Do not collect samples during or until 3 days after menstrual period, bleeding haemorrhoids, constipation bleeding or urinary bleeding.

***Specimen Collection instructions - see reverse***

# Specimen Collection

**Step 1** Label the collection tube with your full name, date of birth, and the date and time of collection.



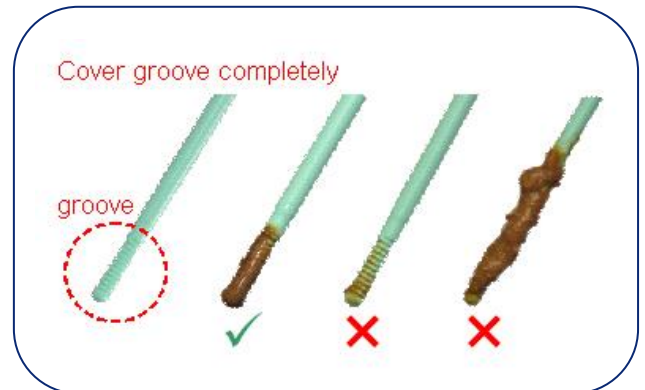
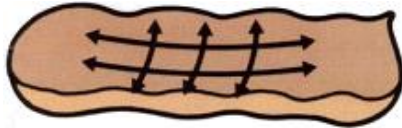
**Step 2** Prior to collection of faeces sample, pass urine into toilet and flush.

**Step 3** Place a suitable clean container (eg. an ice cream container) into the toilet bowl to catch the faeces.

**Step 4** Twist the green cap on the collection tube to remove it. Be sure to keep the collection tube upright as it contains a special stabilising agent. Make sure you DO NOT discard or spill any of this agent.



**Step 5** The sampling probe is attached to the cap. Collect sample by scraping the grooved section of the sampling probe on the surface of the faeces as indicated in the diagrams.



**Step 6** Return the sampling probe to the collection tube. Align the cap in the same direction as the container, then press it straight onto the container until a click sound is heard.

**Step 7** Shake the collection tube vigorously up and down several times.



**Step 8** Store the collection tube immediately in the refrigerator.

**IMPORTANT:** Please ensure that you label **ALL** specimens with your full name, date of birth and the date and time of collection (as shown above).