



COLLECTION INSTRUCTIONS FOR FAECAL OCCULT BLOOD

NOTE: If more than one sample is to be collected, these should be taken from separate bowel motions and delivered to the collection centre or doctor's surgery together. Please DO NOT deliver them one-by-one.

1. Label the collection tube(s) with your name, date of birth and date and time of collection.
2. Line a clean plastic ice cream container or large plastic container with toilet paper, place into your toilet bowl and pass faeces into this container.
3. Unscrew green sampler end of the collection tube.
4. Insert the stick of the cap into the faeces at least 5 times, each time in a different place.
5. Return stick back into the collection tube and screw tightly closed.
6. Shake the tube vigorously to mix the specimen and the transport liquid.
7. Collected specimens can be stored at room temperature (15-30°C) but must be returned to a Collection Centre or doctor's surgery within 7 days of specimen collection.

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PATIENT INSTRUCTIONS - FAECAL OCCULT BLOOD

1. A high fibre diet is recommended for 3 days before specimen collection starts.
2. Menstrual bleeding can cause false-positive results. Female patients who are menstruating should delay specimen collection until bleeding has completely stopped.
3. Medications such as aspirin and some anti-inflammatory drugs may cause stomach irritation which can affect the test. If possible, and only after consultation with your Doctor, these medications should not be taken for 3 days before and during the time of specimen collection.
4. If more than one specimen is to be collected, samples must be taken from separate bowel motions. When all samples have been collected they should be delivered together to the collection centre or doctor's surgery. **Please do not deliver samples one-by-one.**

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