

Collection of Faecal Occult Blood

Equipment

- 3x Sample Tubes

Available from any Clinical Labs collection centre or your doctor.

Special Requirements

- For a complete investigation, this test ideally requires three separate faeces specimens collected on three separate days.
- All specimens must be returned within five days of the first collection.
- If you are taking iron tablets, you may continue this therapy before and during the test period.
- Avoid alcohol and the following medications; Indomethacin, Reserpine, Phenylbutazone and Corticosteroids as these may cause gastrointestinal irritation and subsequent bleeding in some patients. Consult your doctor before ceasing any medication.
- Seven days prior to taking the sample, avoid Aspirin or anti-inflammatory drugs.
- Two days prior to taking the sample, stop using rectal medicines and tonics.

Do not collect a faeces sample if:

- You are menstruating
- You have bleeding haemorrhoids
- You are constipated
- You have urinary bleeding
- You have rectal bleeding

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Procedure

- Write your surname, first given name, date of birth, sample number (if multiple specimens) and date and time of collection on the tube. Unlabelled tubes will be rejected.
- Collect faeces specimens into a clean disposable plastic container. Avoid contamination with toilet water.
- Twist the GREEN cap on the sampler bottle to open.



- The sampling probe is attached to the cap.



- Randomly insert the probe end of the sampler into the faecal specimen in at least five different places on the specimen. Collect the amount enough to cover the groove of the probe.



- Insert the sampling probe into the collection tube. Line up the cap with the tube and press to click shut.
- Shake the tube vigorously to mix the specimen with the fluid.
- Place all the tubes into the plastic specimen bag provided.
- Samples should be stored at 2-10 degree C.
- Please deliver ALL completed samples to a Clinical Labs collection centre as soon as possible.
- The collection staff will check your details (surname, first given name, date of birth and date/time of collection on the container label) against the pathology request form to ensure the sample is matched to the doctor's request. This is done to ensure the safety and security of the reporting of your results.