

## Patient instructions

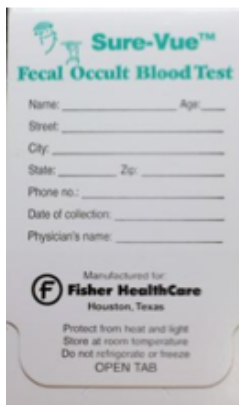
### Stool specimens

### Fecal Occult Blood Test (FOBT)

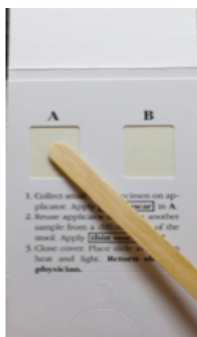
(Fecal Occult Blood means blood that you cannot see in your stool)

Your doctor wants to have your stool tested for blood to look for bleeding in your intestines. The lab may test three separate bowel movements. It is best to test three stools in a row, even if you pass more than one each day. You may have been given 1,2 or 3 small cardboard test kits.

1. Pass stool (have a bowel movement) into a clean dry container, or plastic wrap or bag placed over toilet bowl.
2. The front of each test card should have a label placed there by your nurse. Be sure to write the DATE you collect each specimen on the card.



3. Open the front flap.



4. Using the wooden stick in the pack, get a small amount of stool on one end of the stick. Apply a very thin smear in Box A.

5. Reuse wooden stick to obtain a second sample from a different part of the stool specimen. Apply a very thin smear inside Box B.

6. Do this each time you have a bowel movement until all cards you were given are used.

7. Close cover, seal in zip-lock bag in the packet and return card(s) and lab slip within 1 week from the day you start collecting.

# Instructions for Stool Specimen Collection Kit

1



**IMPORTANT: PLEASE READ AND FOLLOW ALL DIRECTIONS. SOLUTIONS ARE POISONOUS, DO NOT DRINK.**

You have been given a kit to help you collect a stool specimen. These directions will help you use the kit. This will help the lab do a better job and avoid costly repeat tests.

2



This kit consists of 2 containers in a plastic bag. Tube has liquid in it (orange cap) and Jar has no liquid. Remove from the bag before collecting your specimen. **Keep them out of reach of children.**

When you are finished - be sure to put some of your specimen in each container.

3



**PLEASE!**

**DON'T** urinate on the specimen or in the collection container.

**DON'T** pass the specimen directly into the tube.

**DON'T** pass the specimen into a toilet.

**DO** collect the specimen as directed on the next panel.

4



The stool may be passed into a clean, **DRY** container. Use a bed pan or place a large plastic bag or plastic wrap over a waste basket or the toilet seat to catch the specimen. A clean margarine tub, clean wide mouthed jar or clean milk carton with the top cut off can also be used.

5



Fill the Jar to half full with stool but do not mix or shake.

6



**Open**  
**Tube** containing liquid. Using the spoon built-into the cap of the tube, place small scoops of stool from areas which appear bloody, slimy, or watery into the tube until the contents rise to the **red line**. If the stool is formed (hard), try to sample small amounts from each end and in the middle.

7



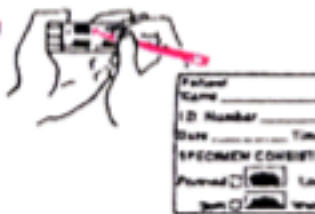
Mix the contents of the tube with the spoon, then twist the cap tightly closed and shake the tube vigorously until the contents are well mixed.

8



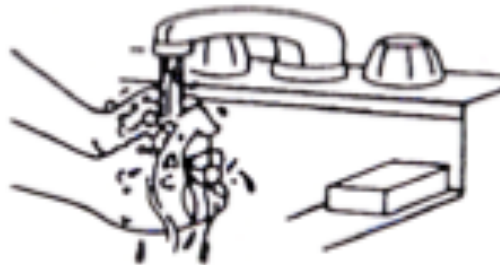
**CHECK ALL CAPS TO BE CERTAIN THEY ARE TIGHTLY CLOSED.**

9



Write the **DATE** on the container(s). Both containers must be **refrigerated** until they can be returned for testing. Return specimens **within 24hours** of collection.

10



**Wash your hands thoroughly.** If any liquid from the tube gets on your skin or in your eyes, flush with plenty of running water. If irritation develops, consult a physician.