



Medihealth Pathology

Helping you with Health

PATIENT INSTRUCTION: 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.

PREPARATION

1. A high fibre diet is recommended for 3 days before specimen collection starts.
2. Female patients who are menstruating should delay specimen collection until bleeding has completely stopped. Menstrual bleeding can cause false positive results.
3. No change to diet (other than increasing fibre), or medication is required prior to this test (DoHA–February 2013)

**NOTE: Please DO NOT deliver them one-by-one.
Deliver all 3 samples together to your collection
centre of Laboratory.**

PROCEDURE

1. Label the collection tube/s with your surname, first name, date of birth, date and time of collection.
2. Place the flushable toilet liner into your toilet bowl. Pass faeces onto the liner.
3. Unscrew the green sampler end of the collection tube.
4. Scrape the tip of the collection stick backwards and forwards on the surface of the faeces several times.
5. Return the stick back into the collection tube and click the lid 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.

