

Faecal Occult Blood Collection Instructions

Note: Please read the following instructions before you do your test. You will need to collect both samples preferably within 3 days of each other.

How to collect your samples:

Step 1.

Take your kit into the toilet when you're ready to collect your poo sample.

Step 2.

Wee in the toilet first and flush it away.

Step 3.

Put some toilet paper or a collection container on top of the water. The toilet water won't affect your sample result, so don't worry if your poo mixes with the toilet water.



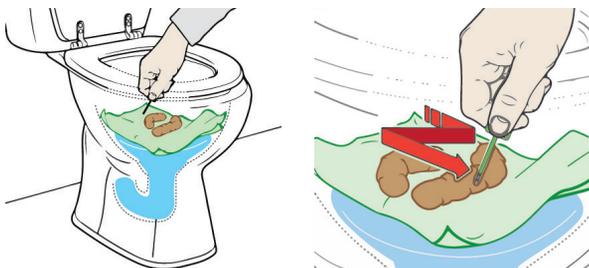
Step 4.

Sit on the toilet and poo on the toilet paper or into a container.



Step 5.

Stand up. Remove the green plastic collection stick from one bottle by twisting. Then scrape the grooved end across different areas of the poo.



Step 6.

Cover the grooves on the end of the stick with the poo, but do not put too much on. If you collect too much the test will not work. Following sample collection, the sheet can be safely flushed.



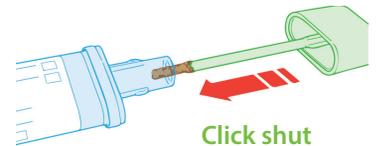
Just cover grooves with poo



Too much poo

Step 7.

Put the stick back in its bottle and push to click shut. Do not remove the stick from the bottle once you have put it in, or the test will not work.



Step 8.

Write the collection date, your name and date of birth on the sample tube label.

YOUR NAME
 DATE OF BIRTH M - F
 DATE SAMPLE TAKEN



Step 9.

Collect your second sample following the same steps (1-8 above), the next time you go to the toilet. The second sample should be collected within 3 days if possible.

Step 10.

Once you have collected your second sample put it in the plastic bag with the first sample, and drop it at a Dorevitch Pathology collection centre with your pathology request form. This should be done as soon as possible, preferably within 24 hours.