

Care Gram

Fecal Occult Blood Test

What Is a Fecal Occult Blood Test?

This test finds hidden blood in the stool. It is a screening test for colon disease. You will need to collect three samples of stool (feces) from three different bowel movements. You also will need to watch what you eat for this test. When you are finished, mail the stool samples to your doctor's office. They will test the samples and let you know if any blood was found. Do not complete this test if you have bleeding from your menstrual period or hemorrhoids.

Preparation

- For 7 days prior to and during your test:
 - Do not take more than one adult aspirin (325 mg) a day.
 - Do not take any other NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen (Motrin[®], Advil[®]).
 - Please talk with your doctor or pharmacist if you have questions about your regular medications.
- For 3 days prior and during your test:
 - Do not consume red meat (beef, lamb or liver).
 - Do not take more than 250 mg vitamin C a day from supplements, citrus fruits and juices. An average orange contains about 70-75 mg vitamin C. Some iron supplements contain more than 250 mg of vitamin C.

Contents of your packet:

- 3 collecting cards, 3 tissue sheets for the toilet, 3 sticks to smear the stool on the card, 1 foil envelope

Steps to Collect

1. Write your name, date of birth, and doctor's name on the front of the test card.
2. Fill in Day 1 collection date and open Day 1 flap.
3. Urinate before your bowel movement, if possible. Collect stool using one of the options below.

Tissue + Plastic Wrap (Best Option)

- Flush toilet.
- Obtain 2-foot piece of plastic wrap (not included).
- Lift lid and seat of toilet.
- Secure plastic wrap across the back of the bowl. Allow the middle to hang down just above the water.
- Unfold the tissue (from your packet) halfway.
- Place the tissue on top of the plastic wrap.
- Lower the seat.
- Complete a bowel movement.
- Go to step 4.



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1616-0750
10/11/2019
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Tissue Alone (Other Option)

- Flush toilet.
 - Unfold the tissue (from your packet) completely.
 - Float the tissue on the surface of the water.
 - Allow the edges to stick to the sides of the bowl.
 - Complete a bowel movement.
 - Go to step 4.
4. Obtain a small stool sample with the applicator stick from your packet. Apply a thin amount of stool to box A.
 5. Reuse the applicator stick to obtain a second sample from a different part of the stool. Apply a thin amount of stool to box B.
 6. Flush remaining tissue and stool. Discard the applicator stick and plastic wrap (if used) in the trash.
 7. Close the flap on the test card. Store the test card in the paper envelope from your packet. Let dry. Do not store your test card in any moisture-proof material, such as a plastic bag.
 8. Repeat steps 2 through 6 for Day 2 and Day 3.

Returning the Test

- Insert your completed test into the provided U.S. Postal Service-approved mailing pouch.
- Peel the tape from the flap and fold it over. Press firmly to seal.
- Deliver or overnight mail the sealed pouch to your doctor or laboratory within 7 days of the Day 1 collection date.