



Patient Information Sheet

Faecal Occult Blood Test

No appointment is necessary for this test

Your doctor has referred you to have Faecal occult blood test. This test is useful in detecting whether blood (which may not be visible to the eye) is present in your faeces.

Collection kits are available from your nearest Collection Centre.

Do not collect a sample if you have any of the following conditions:

- Menstrual bleeding,
- Bleeding haemorrhoids,
- Constipation bleeding, and/or
- Urinary bleeding.

Medication Guidelines

Alcohol and certain medications such as Aspirin, Corticosteroids and non-steroidal anti-inflammatory drugs (NSAIDs) may cause gastro-intestinal bleeding. Please stop taking Aspirin 7 days before the test, do not cease taking any prescribed medication unless your doctor has advised you to.

Instructions

- Faeces is to be collected once per day, in separate containers, for three days.
- Each day label a brown top jar and small tube with your name, D.O.B. and date/time of collection.
- Collect a random sample of faeces in a clean dry container (e.g. an empty ice cream container). Please urinate first to avoid getting urine in the faeces.
- Using a plastic spoon or wooden spatula, transfer faeces into the brown top jar until it is half full. Cap it tightly.
- Also collect faeces into the small tube. To do this, unscrew the end of this tube and remove the applicator stick. Be careful not to spill the solution from the tube.
- Collect the sample by introducing the applicator stick into a few different sites of the faecal sample.
- Remove excess specimen from the applicator stick by gently wiping the stick with an absorbent tissue.
- Place the applicator stick back into the specimen container and screw the cap tightly. Be careful not to break the top of the cap.
- Please discard the ice cream container and tissue and carefully wash your hands.
- If other tests are not requested, you may store the specimens wrapped in plastic in your refrigerator for delivery after all three samples have been collected.

If other tests such as Culture, OCP, viruses or reducing substances are also requested please keep the specimen at room temperature and deliver to your nearest Capital Pathology Centre on the same day as collection.

For further information or to make an appointment, please contact your nearest Collection Centre

Updated Collection Centre details may be found:

- On the reverse of your request form
 - Website: www.capitalpath.com.au
 - Phone: 02 6285 9800
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