

# Patient Instructions for Stool Blood Test\*



## Need Help?

- To hear these instructions in English, Spanish, or Vietnamese, call **713-798-1110**

Visit: [www.bcm.edu/cpr/fitvideos](http://www.bcm.edu/cpr/fitvideos)



## Please Note:

- There are no special diet or medication restrictions for this test.



## Do not take the test:

- Three days before, during or after your period, or
- If you have bleeding hemorrhoids, blood in urine, open cuts on hands, or strained bowel movements the same day.

## Before You Start the Test

- Take the small tube out of the envelope.
- Do not** use the test kit after the expiration date on the carton and vial labels.
- Check your name and date on the sampling bottle.

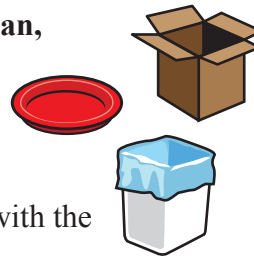
## Doing the Test

- Do not** collect stool sample from toilet bowl water.

1. Urinate before your bowel movement.

2. Collect the stool in a clean, dry container, such as:

- Paper plate
- Small cardboard box
- Bucket



You can line the container with the enclosed collection paper.



3. Open green cap by turning to the left and pulling upwards.



4. Scrape the surface of the fecal sample with the sample stick.



5. Cover the grooved portion of the sample stick completely with stool sample.



6. Close sampling bottle by inserting the sample stick and screwing cap on tightly to the right. Do not reopen.

## Handling the Sample

- Flush any stool in the toilet.
- If you used the collection paper, flush it down the toilet.
- Store the sampling bottle at room temperature 36-86F.

## After the Test



1. Wrap the sampling bottle with the absorbent pad provided.



2. Put the sampling bottle into the specimen bag.



3. Bring the complete kit to your clinic **OR** mail the complete kit.

## You have finished the test!

*If your result is positive, you will be contacted to schedule a colonoscopy.*

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\*Instructions adapted from the OC-Light. Manual iFOBT Kit

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