

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/cprit/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 menstrual cycle, or
- If you have bleeding hemorrhoids, blood in urine, open cuts on hands, or strained bowel movements the same day.

Before You Collect the Sample

- Take the small tube out of the envelope.
- Do not use the test kit after the expiration date on the carton and vial labels.
- Verify that the sample tube is labeled with your name, medical records number (MR#), date of birth, and collection date.

Collecting the Sample

1. Do not collect stool sample from toilet bowl water.
2. Urinate before your bowel movement.
3. Collect the stool in a clean, dry container, such as:
 - Paper plate 
 - Small cardboard box 
 - Bucket 
4. Line the container with the enclosed collection paper.



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



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



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



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

9. Flush any stool in the toilet. If you used the collection paper, flush it down the toilet.

Handling the Sample

- Store the sampling bottle at room temperature 36-86F.
- Return the sample to your clinic within 15 days of sample collection.

After the Collection



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 back using the enclosed pre-paid envelope.

You have finished the test!

If your results require further follow up, you will be contacted to schedule your colonoscopy.

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

Project funded by the Cancer Prevention and Research Institute of Texas (CPRIT Award PP210007)

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