

# 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](http://www.bcm.edu/cprit/fitvideos)



## Please Note:

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



## Do not take the test:

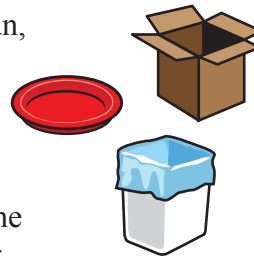
- Three days before, during, or after your menstrual cycle, or
- If you have bleeding hemorrhoids, blood in urine, open cuts on hands, or strained bowel movements the same day.

## 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

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



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



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



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



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

- 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



- Wrap the sampling bottle with the absorbent pad provided.



- Put the sampling bottle into the specimen bag.



- 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

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