



St. Michael's

DEPARTMENT OF LABORATORY MEDICINE
DIVISION OF PATHOLOGY

Document Name: Fecal Occult Blood Collection
Instructions

Document #: 59956
Status: Current

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FECAL OCCULT BLOOD (FOB) PATIENT INSTRUCTIONS

Materials supplied;

Labeled sterile container X3
Biohazard bag
Wooden Stick

Materials needed but not supplied;

Requisition completed by physician or clinic

Collection Guidelines;

Collect one stool specimen per sterile container. If advised to collect 3 samples, collect one specimen per day for 3 days consecutively

Please follow the suggested dietary guidelines at least 48 hours before you collect the first stool specimen.

Food, Vitamins and Drugs to Avoid

- Red meat (beef, lamb) including processed meats and liver
- Any raw fruits and vegetables (especially melons, radishes, turnips and horseradish)
- Vitamin C in excess of 250mg per day
- Supplements
- Aspirin or other non-steroidal, anti-inflammatory drugs for 7 days prior to the test period

Do not stop taking any medication unless advised to do so by your doctor.

Food to Eat

- Well —cooked pork, poultry and fish
- Any cooked fruits and vegetables
- High fibre foods (e.g. whole wheat bread, bran cereal, popcorn)
- Include a serving of bran cereal in your daily diet

If all of the above is known to cause severe gastrointestinal discomfort, please notify your physician prior to starting diet.

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DO NOT collect specimens during a menstrual period or while suffering from bleeding hemorrhoids. **PROTECT** samples from heat and light.

Collection Instructions;

1. Use a clean and dry disposable container (e.g. plastic bucket, paper plate) OR Place plastic wrap/ newspaper underneath the toilet seat to catch stool sample. Do not let the stool sample touch the water.
2. Using the wooden stick from the kit, take a piece of stool and place into the sterile container
3. Discard the wooden stick and dispose of the remaining stool.
4. Securely fasten the lid back onto the container
5. **If collecting for 3 days, Ensure** stool specimens are collected from different days.
6. Repeat steps 1-4; for the 2nd and 3rd specimen collections
7. **For proper identification and evaluation of the samples, it is important that a complete and accurate collection is done as follows:**

Write the date and time of collection on the collection bottle and requisition

Sample #1 Date: _____, Time: _____ am Pm

Sample #2 Date: _____, Time: _____ am Pm

Sample #3 Date: _____, Time: _____ am Pm

Storage Instructions;

Keep specimen refrigerated

Delivery to the Lab;

- Sample must be labelled with your **Name, Date Of Birth, MRN # and /or OHIP**
- Ensure the **START/FINISH** dates and times are written on the requisition
- Make sure the lid is tightly fastened
- Deliver specimen to; **Blood Collection Site or Core Lab. 2nd Floor Cardinal Carter Wing**

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