



## Faecal Occult Blood Test

### About your Test

- Your health professional has requested tests to check for the presence of blood in your faeces (bowel motion).
- You will need to obtain a specimen container and delivery bag from your health professional or from one of our collection centres.
- The test requires you to collect samples of your bowel motion.
- Do not collect your samples if you have your period, or when suffering from bleeding haemorrhoids (piles).
- Drugs administered rectally (i.e. suppositories), should not be taken 1 week before the collection.

### Test Procedure

1. Pass bowel motion into a container (a clean 2 litre ice cream container makes a good collector).
2. Using the scoop which is on the underside of the specimen container lid place a portion of bowel motion about the size of a walnut into the container.
3. Screw the lid down firmly.
4. Write your full name, date of birth, and date and time you collected your sample on the container label. Place the container in the delivery bag with the request form in the front pocket.
5. Store your sample in a cool place out of direct sunlight (not your fridge), and deliver as soon as possible to the laboratory or one of our collection centres.

**Reminder: Have you labelled the container?**