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Laboratory (907) 714-4418

Patient Instructions for Collecting Fecal Occult Blood/FOBT

Preparing for collection

Certain foods, vitamins and drugs may alter the results of your occult blood sample. Therefore, before collecting the specimen you should discontinue taking the following:

- **Steroids and non-steroidal anti-inflammatory drugs** such as ibuprofen, naproxen, or aspirin should be avoided 7 days before and during testing. They may irritate mucosa and cause bleeding. Acetaminophen (Tylenol ®) can be taken as needed.
- **Avoid red meat** (beef, lamb, liver) for **3 days** before and during stool collection period.
- **Vitamin C** in excess of 250 mg per day from supplements for **3 days** before and during test.
- **Raw fruits and vegetables** especially melons, radishes, turnips, and horseradish should be avoided. They can produce false-positives.

Collection Instructions

Do not collect sample if blood is visible in your stool or urine (e.g. menstruation, active hemorrhoids, urinary tract infection). Contact your doctor.

1. Pass urine into toilet.
2. Place toilet "hat" onto the rim of the toilet and pass stool into the "hat".
3. Lift flap on the occult card.
4. Using an applicator (Popsicle stick) provided collect a small fecal sample.
5. Apply a thin smear covering Box A.
6. Reuse applicator to obtain a second sample from a different part of the stool.
7. Apply a thin smear covering Box B.
8. Close cover flap, being careful to not pull silver tab on back of card.
9. Dispose of applicator and "hat".
10. Label occult card with sticker provided, with name, date of birth, date, and time of collection.
11. Return completed test card(s) to the Laboratory no later than 5 days after your first sample collection.