

## Patient Instructions for the Fecal Occult Blood Test (FOBT)

Avoid the following medications, vitamins, and foods three days before and during the time you do the test:

- Do not take **aspirin** or other non-steroidal anti-inflammatory medications.

For example, common non-steroidal anti-inflammatory medications include:

Brand names	Generic names
Advil	Ibuprofen
Motrin	Ibuprofen
Aleve	Naproxen
Naprosyn	Naproxen
Indocin	Indomethacin
Celebrex	Celecoxib
Vioxx	Rofecoxib

- Please ask your doctor about other medications you are taking.
- Do not eat beef, lamb, and blood products. You can eat chicken and pork.
- Do not eat raw fruits and vegetables (especially melons, radishes, turnips, and wasabe/horseradish). Cooked fruits and vegetables (e.g., canned) are fine.
- Do not take more than 250 mg of Vitamin C each day (e.g., 2 cups of orange juice or 5 medium sized oranges or vitamins.)

Other things to pay attention to regarding the FOBT:

- Do not collect stool samples during your menstrual period (wait until three days after the bleeding has stopped), or while you have bleeding hemorrhoids or blood in your urine.
- Remove toilet bowl cleaners from toilet tank and flush twice before collecting the samples. Do not use toilet bowl cleaners while doing the test.
- Collect samples from three bowel movements that follow each other.
- Keep card away from heat, light, and chemicals.
- Keep cover of card closed when not in use.

### Performing the FOBT



#### 1 Prepare the Card

- Remove the card from the paper envelope and write your name, age and address on the front of the card with a pen. You may store the card in this paper envelope.



#### 2 Collect Stool

- Write in the date you are collecting your stool sample on section 1 of the card just before your bowel movement.
- Flush toilet bowl and allow to refill.
- Unfold the flushable tissue paper that is included in the kit and float it on the surface of the toilet bowl water. Allow the edges of the paper to stick to sides of bowl. Your stool will fall on the tissue. (Note: Do not be concerned if some water collects on the tissue.)



#### 3 Place Stool on the Card

- Open front of section 1. Use one of the sticks in the kit to take a small sample of stool from the tissue paper. Put a thin smear of this on the area of the card marked A.
- Collect a second sample from a different part of the stool with the same stick. Place a thin amount of this on the area of the card marked B. Flush the tissue paper down the toilet and discard the stick in a waste container.



#### 4 Close the Cover

- Close the cover of section 1 by inserting the front flap under the tab. Store the card in the paper envelope until your next bowel movement. Do not store the card in the refrigerator at any time.



#### Repeat and Then Mail

- Repeat all the steps above for your next 2 bowel movements using sections 2 and 3. After completing the last section, return the card immediately to your doctor or clinic, or wait overnight for the card to dry in the paper envelope.
- The next day, remove the card from the paper envelope and place in the mailing pouch. Seal the pouch carefully and return it to your doctor or clinic.