

Instructions for the Fecal Occult Blood Test (FOBT):

Use the enclosed test kit to collect your stool sample. Follow the steps described below.

What you should know about FOBT

- You do **NOT** need to be on a special diet to do this test.
- Don't do the test during your menstrual period. It's OK to start the test 3 days after the bleeding stops.
- Keep the test kit away from heat, light, and chemicals.

If you have questions about using the test kit, please call **1-800-206-0445**.



1. Get the test supplies ready

- Take all the supplies out of the envelope. You should have a large piece of tissue paper, a collection bottle, a small pad with plastic on one side, and a plastic bag.
- The bottle is already labeled with your name and Group Health consumer number.



2. Collect your stool sample

- Unfold the large piece of tissue paper from your kit and lay it on the surface of the toilet water.



3. Place your sample on the collection stick

- Open the bottle by twisting and lifting the green cap. Gently pull the collection stick.
- Use the end of the collection stick to scrape the surface of your stool sample.



4. Put the collection stick back in the bottle

- Place the collection stick back in the bottle. Push the green cap closed until it snaps in place.
- The tissue paper can be safely flushed down the toilet.



5. Store the bottle

- Use a ballpoint pen to write the date you did the test in the "Date" field on the bottle.
- Wrap the bottle in the small pad with the plastic side facing out and place it in the plastic bag.



6. Mail your sample to the lab

- Put the bag inside the mailing envelope and seal it tightly.
- The lab's address is already printed on the mailing envelope.
- Please try to get your sample in the mail as soon as possible after you collect it. (Within 3 days is best.)



Say yes to screening — it could save your life!



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