

Collection of Faeces for Occult Blood Test

Specimen

- ❖ Approximately 20-30g of faeces (size of a plum or small egg) is required.



Instructions for Collection

1. Please collect 3x stool (faeces) samples over 3x different days. Samples should be collected at least one (1) day apart. This helps to detect very early stages of intestinal bleeding.
2. Line a clean ice cream bucket (or large plastic container) with aluminium foil or toilet paper.
3. Pass faeces into the container.
4. Using the scoop in the lid of the brown faeces container, or a wooden applicator, transfer some faeces into this container.
5. If you have watery diarrhoea, pass into the unlined container and then pour into the brown-top faeces container.
6. Label the container with your surname, given name, **date of collection**, time of collection, and date of birth.
7. Deliver the specimen and request form to the nearest collection centre as soon as possible.
8. The specimen can be stored in the fridge until it is delivered to the collection centre.

Patient Dietary Requirements

- ❖ The patient does not need to make any dietary changes, but needs to avoid certain medications. NSAIDs and blood-thinning medications may change the results of your test. Avoid 2-days prior to collection.

(See overleaf for details)

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Drugs and Vitamins to AVOID

- ❖ Aspirin (or any medication containing aspirin)
- ❖ Anti-inflammatory drugs (e.g., indomethacin, naproxen and drugs used in the treatment of arthritis).
- ❖ Iron tablets
- ❖ Vitamin C (ascorbic acid or any vitamin preparation with more than 250mg of Vitamin C per day).
- ❖ Reserpine
- ❖ Phenylbutazone

Drugs which MAY CONTINUE

- ❖ Unless advised to stop by your doctor, continue to take your usual medication.
- ❖ If you normally take an anti-constipation or stool softening agent, you may continue to do so.

PLEASE TELEPHONE OUR LABORATORY ON:

1300 265 000

IF YOU NEED ADDITIONAL ADVICE REGARDING THE COLLECTION OF THE SPECIMEN.