

## Faecal Occult Blood Test

### Preparation

Wash and dry your hands before and after collecting the specimen.

### Collecting the specimen

1. Pass your faeces (poo) directly into the disposable container. Do not let any urine (wee) get into the disposable container with your faeces.

2. Use the scoop to collect a walnut sized sample (or 50c piece size) into one of the specimen pots. Screw the lid on tightly. Write the collection date and time on the label.

**Empty the remaining faeces into the toilet and flush.**

3. Place the disposable container into a plastic bag and throw into the rubbish bin. Wash your hands.

4. **Repeat steps 1 to 3** to collect second faeces sample the next time you need to pass faeces.

**Place the first two samples in the fridge.** You can put the samples into a plastic bag before placing in the fridge. Make sure the lid is on tight.

5. **Repeat steps 1 to 3** to collect a third faeces sample from the third time you pass faeces.

6. Place the specimen pot and request form into the collection bag.

### Equipment



3 x specimen pots.  
3 x scoops found inside specimen pot



1 x collection bag



1 x clean container to collect faeces (not provided)



### Safety Precautions

**The specimen pot contains a preservative. Read warning on the label.**

### Labelling the specimen

Label the specimen by writing:

- Full name (first & last name)
- Date of birth
- Record Number (if known)
- Date & time you collected each specimen.

### Delivering the specimen

Deliver all three samples to a pathology collection centre as soon as possible.

**Keep all samples in the fridge** if you cannot deliver them within two hours of collection.

**See next page for full list of collection centres**