

# Information Sheet

## PATIENT INSTRUCTIONS – FAECES FOR OCCULT BLOOD COLLECTION



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 9605 3056.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

This test is used to detect the presence of blood in your faeces.

### Dietary / Medication Advice

1. For 1 day before and then during the collection period maintain a well balanced diet including fruit, vegetables & cereals
2. Do not collect samples during or until 3 days after a menstrual period.

### Collection Procedure (refer also to the Melbourne Pathology collection guide on page2)

1. You will be provided with 3 containers, one for each day.
2. It is suggested that your faeces/stool sample is collected initially into a plastic disposable container (an ice-cream container is ideal). Pass urine into the toilet if necessary.
3. Twist the green cap on the collection container to remove it. Insert the sampling probe into 5 or 6 locations in the faeces.
4. Return the sampling probe into the collection container.
5. Shake the collection container vigorously up & down several times.
6. Refrigerate specimen if not delivering to the laboratory on the day of collection.
7. Label each sample with your full name, date of birth, UR number (if available) or Medicare number and date & time of collection and place in the specimen bag provided.
8. Refrigerate samples after each collection and deliver all samples to your nearest Eastern Health Pathology collection service (see below). Samples should be received in the laboratory within 1 day of the last collection.

### Pathology Collection

Angliss Hospital	-	9764 6135
Box Hill Hospital	-	9895 4905
Healesville Collection Centre	-	5969 9949
Maroondah Hospital	-	9871 3572
Tecoma Collection Rooms	-	9754 1441
Yarra Ranges Health	-	8706 9665 (Tues & Thurs morning only)

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## Faecal Occult Blood Collection

This test is used to detect the presence of blood in your faeces, which is not always visible to the naked eye.

**Please follow these instructions carefully to ensure your test results are accurate and reliable.**

You will need to collect a faeces sample from your bowel movement each day for 3 different days. Refrigerate all samples and deliver to your nearest Melbourne Pathology collection centre.

Your doctor or Melbourne Pathology staff member will give you a collection kit, including 3 collection containers (pictured overleaf).

### Instructions

Before you start this test try to maintain a well balanced diet including fruit, vegetables and cereals and follow the restrictions below.

1. Do not collect samples during or until 3 days after a menstrual period.
2. Samples should be received in the laboratory within 1 day of last collection. Refrigerate samples after each collection.

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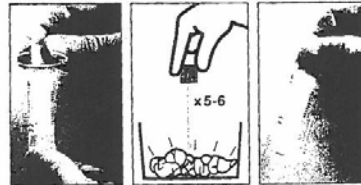


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## Faecal Occult Blood Collection

### Faecal Collection

1. Pass urine into the toilet if necessary.
2. Place a clean container (such as an ice cream container) into the toilet bowl to catch the faeces.
3. Twist the green cap on the collection container to remove it.
4. The sampling probe is attached to the cap. Obtain the sample on the end of the sampling probe by inserting the probe into 5 or 6 locations in the faeces.
5. Return the sampling probe to the collection container. Align the cap in the same direction as the container, then press it straight onto the container until a click sound is heard.
6. Shake the collection container vigorously up and down several times.



7. Ensure your name, date of birth and date and time of collection is written on the container.
8. Place container into the plastic bag supplied and immediately store in refrigerator.

Repeat all steps for the second and third bowel movements. Refrigerate all samples and deliver to your nearest Melbourne Pathology collection centre.

Details correct at time of printing – October 2013

### Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site [www.easternhealth.org.au](http://www.easternhealth.org.au)

Eastern Health is accredited by the Australian Council on Healthcare Standards.

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