

Important:

- This test will take more than one day because you need samples from three separate bowel movements.
- If possible, remove toilet bowl cleaners from toilet tank and flush twice before collecting the samples. Do not use toilet bowl cleaners while doing the test.
- Try to collect samples from different parts of the stool during each collection.
- Keep card away from heat, light, and chemicals.
- Keep cover of card closed when not in use.
- Do not collect stool samples while you have bleeding hemorrhoids or blood in your urine.
- Women: Do not collect stool samples during your menstrual period (wait until three days after the bleeding has stopped).

Your special instructions regarding dietary or medication restrictions:

If you have questions, call: _____



www.doh.wa.gov/cfh/BCCHP



Instructions for the Fecal Occult Blood Test (FOBT)

For the Hemoccult SENSAs test and most three sample stool tests



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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-8388).



Instructions▶▶▶

About the test

This test looks for hidden (occult) blood in your stool (fecal matter). Hidden blood is sometimes a sign of polyps (growths) in your colon that may turn into cancer. Completing this test is important because even if you have a polyp, you may never feel symptoms—only screening can detect it. If blood is found in your stool through this test, you will be recommended to have a colonoscopy.



Prepare Card

- Remove the card from the paper envelope. Write your name, age and address on the front of the card with a pen. Store the card in the envelope.
- Before collecting your stool sample, write the date on section 1 of the card.



Collect Stool

- Flush toilet and allow the bowl to refill.
- Unfold the flushable tissue paper that is included in the kit and float it on the surface of the toilet bowl water. Let the edges of the paper stick to sides of the bowl. Your stool will fall on the tissue: (Note: do not be concerned if some water collects on the tissue).



Place Stool on 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 the stool in the “A” area of section 1.
- With the same stick, take a second sample from a different part of the stool. Smear this sample on area “B” of the same section. Flush the tissue. Wrap the stick in toilet paper and put in the trash.



Close Cover

- Close the cover of section 1 and insert the front flap under the tab.
- Store the card in the envelope until your next bowel movement. Keep the card in a cool dark place, but **not** in the refrigerator.
- After you are done, wash your hands.



Repeat, then Mail

- Use sections 2 and 3 for your next two bowel movements. Repeat the collection steps you used for section 1.
- After completing the last section, let the card dry overnight in the paper envelope.
- The next day, remove the card from the envelope and place in the foil-lined mailing pouch. Seal the pouch carefully and mail it immediately to your doctor or clinic, or you may take the card to your doctor's office.