

# Faecal Occult Blood (FOB)

## Patient Collection Instructions

**This test detects blood in your faeces which is not visible to the naked eye.**

1. A high fibre diet is recommended for 3 days before specimen collection starts.
2. Do not collect the sample if you currently have:
  - Menstrual bleeding
  - Bleeding piles (haemorrhoids)
3. No change to diet (other than increasing fibre) or medication is required prior to this test.

### Specimen Collection Instructions

Collection tubes can be obtained from Clinipath Pathology collection centres.

Collecting 3 samples within a 7 day period is recommended, unless fewer samples are requested by your doctor. These should be taken from bowel motions on separate days.

All samples should be delivered to the collection centre together. Please DO NOT deliver them one-by-one.

1. Label the collection tube(s) with your **surname, first name, date of birth, date and time of collection**.
2. Place a clean plastic container into your toilet bowl and pass faeces (poo) into this container. Do NOT pass urine into this container.
3. Twist open the green cap of the collection tube which has a plastic stick attached.
4. Scrape the tip of the stick over **different areas** of the faeces (poo). The sample only needs to be tiny – smaller than a grain of rice.
5. Insert the stick back into the collection tube and **click** the lid closed.
6. Shake the tube vigorously to mix the specimen and the transport liquid.
7. Collected specimens should be stored in the specimen bag at room temperature (less than 30°C) or in the fridge – they must **NOT** be frozen.
8. Return the sample tube(s) with the request form to a Clinipath Pathology collection centre, within 7 days of the first specimen collection.

