



Faecal Occult Blood (FOB)

Patient Collection Instructions

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.
4. Collection tubes can be obtained from Clinipath collection centres.

Collect 3 samples in a 7 day period—unless your doctor requested otherwise.

The 3 samples should be taken from bowel motions on DIFFERENT DAYS.

Deliver all samples together. Please DO NOT deliver them one by one.

Specimen Collection Instructions

1. Label the 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 into this container. Do NOT pass urine.
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. The sample only needs to be tiny – smaller than a grain of rice.
5. Insert the stick into the collection tube and **click** the lid closed.
6. Shake the tube vigorously to mix the specimen and the transport liquid.
7. Store in the specimen bag at room temperature, or in the fridge – they must **NOT** be frozen.
8. Return the sample tube(s) and the request form to a Clinipath collection centre, within 7 days of the first specimen collection.

