

Guidance for patients on Faecal Occult blood (FOB) Testing

Introduction

FOB is a screening test undertaken in Pathology for gastro intestinal bleeding.

Pre-collection requirements:

We would like you to perform a stool test with the following dietary restrictions for three days prior to the test:

Avoidance of: Red meat, e.g. beef, lamb, pork, liver, sausages, etc.

Eat: Poultry or white fish (e.g. cod) instead.

Avoidance of the following vegetables and fruit:

Cauliflower	Turnip	Broccoli	Parsnip	Radish	Horseradish	Cucumber	French beans
Mushrooms	Melon	Courgette	Artichoke	Beetroot	Bananas	Tomatoes (uncooked)	

Avoidance of: Vitamin C tablets and Iron tablets

1. Before doing the test

Get the sample kit ready to use before sitting on the toilet: take the kit out of the envelope and have two cardboard sticks ready. Leave the side marked 'DO NOT OPEN' sealed, to ensure that your test results are not affected. There are 3 parts to the kit, for 3 separate bowel motions. Only open one flap at a time. Do not separate the 3 parts.

2. Doing the test

On the side with **your name printed on it**, write the date on flap 1 in the space provided.

- Peel back flap 1.
- You will see two small 'windows' on which to put your samples.
- Keep the kit and sticks within easy reach.

3. Collecting the first sample

- It is important that the bowel motion you take the sample from has not been in the toilet bowl, as this could affect the test result. Suggested ways to catch your sample are:
 - Folded pieces of toilet paper
 - Your hand covered in a small plastic bag
 - A clean disposable container
- Use a cardboard stick to take a small piece from the bowel motion you have just collected. Spread it thinly over the first window.
- Using another stick, take another sample from a different area of the bowel motion. Spread it thinly over the second window.

4. When you are finished

- Please wipe the sticks with toilet paper, wrap them up and dispose of them in an outside bin. **Do not** flush the cardboard sticks down the toilet. Close the flap, and tuck it under the orange tab to keep secure.
- **Do not** leave the sample kit in a warm place, or in direct sunlight, as this could spoil it.

Wash your hands after use.

5. Collecting the second sample

- Write the date on flap 2.
- Repeat the test using the two windows under flap 2.

6. Collecting the third sample

- Write the date on flap 3.
- Repeat the test using the two windows under flap 3.

If you have any queries regarding the contents of this leaflet please contact the Biochemistry laboratory (St. Peter's Hospital) – telephone 01932 723039 where a member of our staff will be pleased to help you.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤکرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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