



## Faecal Occult Blood (FOB) collection

This test is used to detect the presence of blood in your faeces, which is not often 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 collector 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 directions 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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### 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 are written on the container.
8. Place container into the plastic bag supplied and immediately store in refrigerator.

