Faecal Occult Blood

Alfred Pathology Service

Patient Instructions

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This is a faecal sample collection and NOT a blood test. It is usually requested to collect three separate specimens from three separate occasions.

Equipment provided for this test

- 50ml sterile specimen container(s)
- Wooden stick(s)

Prior to commencing this test

- Ask your doctor if you should stop any aspirin or non-steroidal anti-inflammatory medications for this test (should be discontinued for at least 48 hours prior to testing)
- Do not collect faeces for this test during or within three days of your menstruation or other bleeding (from haemorrhoids, anal fissure etc.)
- You should not ingest any iron medications, or any food prepared from red meat, for three days prior to the test.
- Apply ID labels if provided or write your full name (first, middle & surname), date of birth on the container.
- Write the date and time of collection on each container. Number them as 1, 2 (or 3), in order of collection.

Collection Instructions

1. First, pass faeces into a container such as clean (washed and dried) ice-cream container.
2. Transfer specimen (about a size of a walnut) into a sterile specimen container using provided wooden stick.
3. Discard the wooden stick.
4. Close the container by screwing the lid on tightly ensuring it is straight. Place the container in the specimen bag provided.
5. Keep the first (and the second) samples in dark cool place or refrigerate. Deliver all samples to collection center on the same day the last sample is collected.

Specimens will not be accepted if not collected in appropriate (pathology provided) container.

If there is a problem during the collection, a replacement container / kit can be provided.