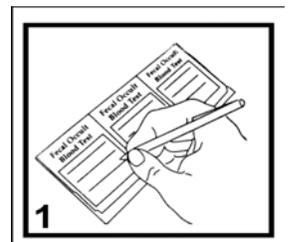


How To Complete Your Fecal Occult Blood Test (FOBT) Kit

Your provider has advised you to complete a Fecal Occult Blood Test (FOBT). This test discovers hidden blood in the stool. Blood in the stool can be a symptom of many things such as hemorrhoids, ulcers, but more importantly a symptom of colorectal cancer that can be treated with early detection. You will need to have three separate bowel movements to complete the three sample cards. Please read the following directions carefully.

How To Store The Specimen Cards Until You Use Them:

1. Keep the specimen cards at room temperature and dry.
2. Write your name and full social security number on the label on each Specimen Card.



How To Prepare For This Test:

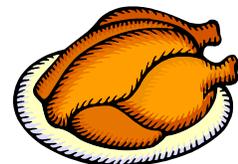
You will need to change your diet and pay attention to certain medicines to prepare for this test. Some medicines, vitamins and certain foods can effect the results of the test. The test results will not be accurate if you do not follow instructions .

For two (2) days before and the 3 days while you are collecting samples you need to:

Watch what you eat!

Meats

- Eat only well cooked chicken, turkey or fish.
- Eat only 2 servings a day. Each serving should be no larger than 3 ounces. This is about the size of a deck of cards.
- Do not eat red meats. This includes beef, ham, pork and game meats.



Breads and Cereals

- All breads and cereals are allowed. It is best if you choose eat high fiber ones. This will include whole grain breads and bran cereal.

Vegetables and Fruits

Eat fresh, canned or frozen fruits and vegetables .



Do not eat: broccoli
cauliflower
cantaloupe
horseradish
parsnips
red radishes
turnips



Watch the medications you are taking!

Do Not Take vitamin C- 250 mg or more a day
iron pills or vitamins with iron
aspirin, ibuprophen, naprosyn, indocin

Check with your provider if you have questions about recommended medications.

How To Collect Your Stool Sample:

Stool samples should **not** be collected under these conditions:

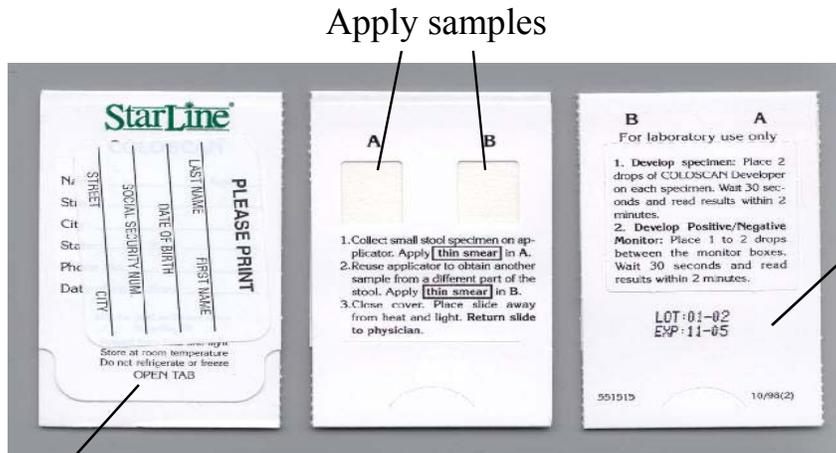
1. When women are having their menstrual period or immediately following their period.
2. There is any bleeding from hemorrhoids
3. There is blood in the urine.

You only need a small amount of stool (the size of a small pea) applied to each of the specimen cards (3 total). Each card will have samples from a different stool . You will need to have three different bowel movements to complete the three-card test.

The samples of stool must come from a toilet with plain water in it. If there is toilet cleaning tablets or liquid in the water, the test results will not be correct. You may collect your stool in a disposable plastic container or put plastic wrap just under the seat (over the toilet bowl) to catch the stool. For the second smear of each sample, if there is stool on the toilet paper you can obtain a sample from it. The stick is used for obtaining a sample from the toilet or toilet paper.

Do not collect stool directly from the rectum using the stick.

Open the front of the specimen card where your name and address appears.
(Do not open the reverse side “For laboratory use only”)

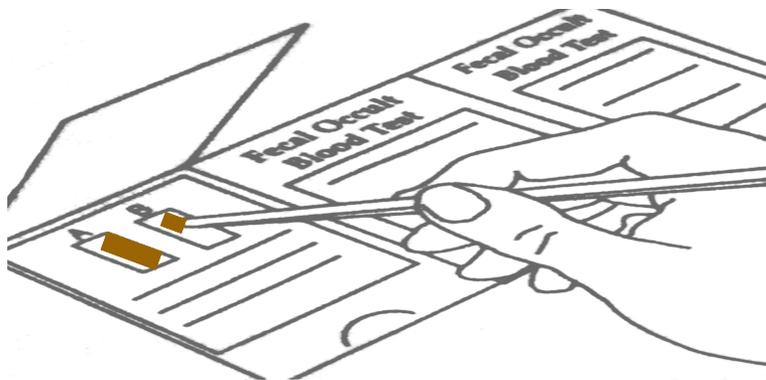


Do not open this side.
The lab will use this side to complete the test.

Open this flap

With the wooden applicator provided, take a small amount of the stool (from the darkest area of the stool) and apply a THIN smear in Box “A” (see illustration) of the first card. Use the other end of the applicator to obtain a sample from another part of the stool. Apply a THIN smear in Box “B” of the first card (from the same stool).

Example of applying stool sample to test card:



When you are ready to have your next bowel movement, repeat the above steps applying the sample to the next card.

Important: You will apply stool from three different bowel movements on three separate cards.

Allow the smear samples to air dry and then close the card flap.

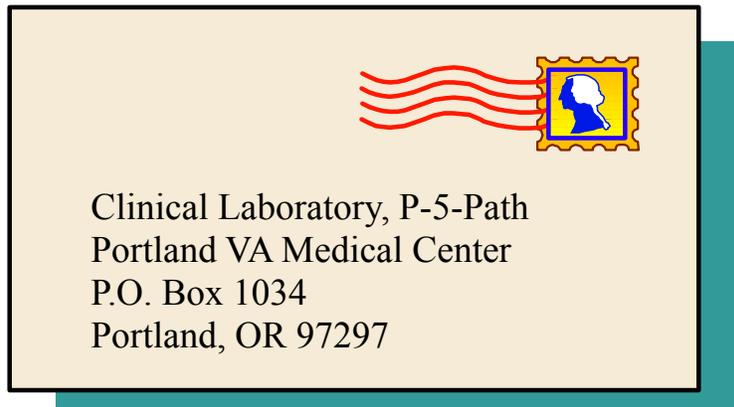
It is important to only provide a **thin** smear of stool on the specimen cards so that the laboratory can properly process your results.

Discard the wooden applicator sticks after use.

Keep your cards dry and at room temperature during the time your are collecting samples.

Return Your Sample Cards

Please place the FOBT cards (with flaps closed) in the envelope provided and mail to:



You will be contacted should your test results discover blood in your stool.