

## FOBT (Fecal Occult Blood Test) Instructions

When caught early enough, colorectal cancer is curable in 9 out of 10 people. Since there are no visible signs or symptoms in the early stages, this simple and easy test could help save your life.

**Please read these instructions fully.**

### A. Before You Start

6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**Important: You must send in the test card as soon as the 3 flaps have been completed but no later than 10 days after collecting your first stool.**



Avoid vitamin C supplements and citrus fruit and juices for **three days before** the test and **during** the stool sample collection period.



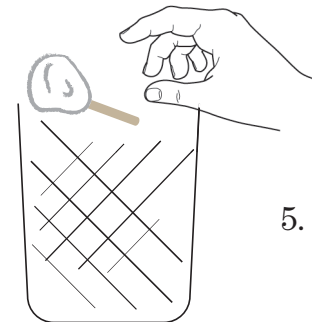
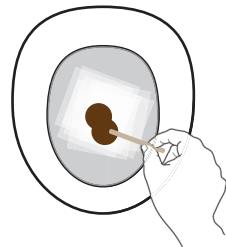
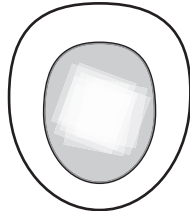
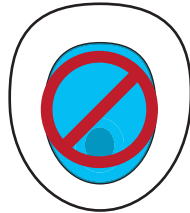
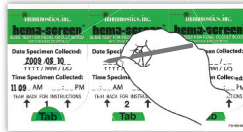
Otherwise, continue to eat your normal diet and take your regular prescribed medications.

### B. Filling out the Test Card

- Using a ballpoint pen, print your name and date of birth on the test card, as they appear on your health card.

- You will collect stool samples on three different days within a ten day period.
- The test card has three flaps – one for each day. Open only one flap at a time.
- Under each flap there are two small areas on which to smear your samples.

## C. Doing the Test



- Write the date (yyyy/mm/dd) and time of your first sample collection on flap 1. Peel back flap 1 to apply the first sample.
- Flush the toilet to clear the bowl. Do not use toilets with bowl cleaners such as bluing agents.
- To collect stool, use a clean, disposable container or place several layers of toilet paper in the toilet bowl to support the stool.
- Use the applicator stick to collect a small sample of the stool. Apply a **very thin smear** to Area I. Use the same stick to collect and smear a second sample from a different location of the stool in Area II. Close and secure the flap.



- Wrap a piece of toilet paper around the applicator stick and discard. Flush the toilet. You are done the first sample!

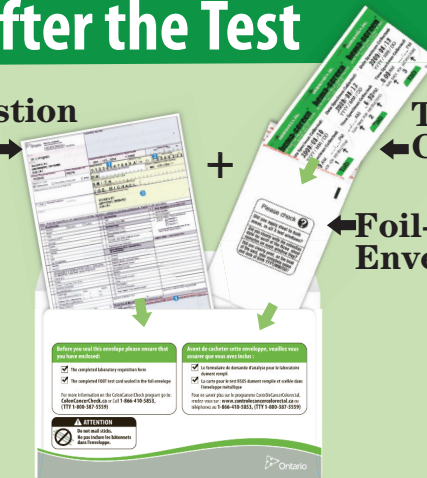
- Place the test card in the foil-lined envelope and store at room temperature until your next bowel movement. Do not seal the envelope until you have finished all 3 days.
- Repeat steps 1-6 to collect and smear samples on two additional days under flaps 2 and 3 accordingly.

### D. After the Test

Requisition Form

Test Card

Foil-Lined Envelope



- Place only the test card inside the foil-lined envelope and seal tightly.
- Place the foil-lined envelope and the completed requisition form from your health care provider in the envelope provided.
- Mail or drop off envelope at a community laboratory collection centre.

Need help? Any questions? Go to:  
[ontario.ca/coloncancercheck](http://ontario.ca/coloncancercheck)  
 Or call 1-866-410-5853 (TTY 1-800-387-5559)