

Return the Completed Test



Checklist



Complete and return the test within five (5) days of completing the first sample



Fill in your name and Personal Health Identification Number (PHIN), or equivalent, and the collection dates on the flaps of all three sections of the collection card



Fill in the label on the envelope provided



Put the completed collection card in the envelope; seal the envelope



Please return the completed sample package to the lab indicated to you by your physician, or the lab indicated on the back of this brochure



Test Return Location

Your physician is awaiting your test results. Please complete the sample and return the test as soon as possible.

Please return completed test to:

DSM Lab _____

Laboratory Hours for specimen drop off

Lab Contact # _____

Questions?

Please contact your local lab, as noted above



DIAGNOSTIC SERVICES
OF MANITOBA

www.dsmanitoba.ca

Pour recevoir cette brochure en français,
veuillez:

appeler au 926.8005
ou sans frais au 1.866.320.8796

soit par courriel à l'adress:
contact@dsmanitoba.ca

ou encore, veuillez consulter:
www.dsmanitoba.ca



DIAGNOSTIC SERVICES
OF MANITOBA

Patient Instructions For Fecal Occult Blood Test (FOBT)

**For accurate results,
please read and carefully
follow all instructions**

Results That Matter

Diagnostic Services of Manitoba (DSM) is the not-for-profit corporation responsible for Manitoba's public laboratory services and for rural diagnostic imaging services.

Important

- For seven (7) days before the first sample to the end of the collection period:
 - Do not use non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or aspirin (more than 325 mg/day)
- For three (3) days before the first sample to the end of the collection period:
 - Do not take more than 250 mg/day of vitamin C supplements
 - Do not eat or drink citrus fruits or juices such as orange or grapefruit
 - Do not eat red meat such as beef or lamb
 - Do not use a toilet bowl cleaner
- Check with your doctor or nurse before stopping medications ordered by them
- Do not collect samples if you are having your period
- Do not collect samples if blood is visible in your stool

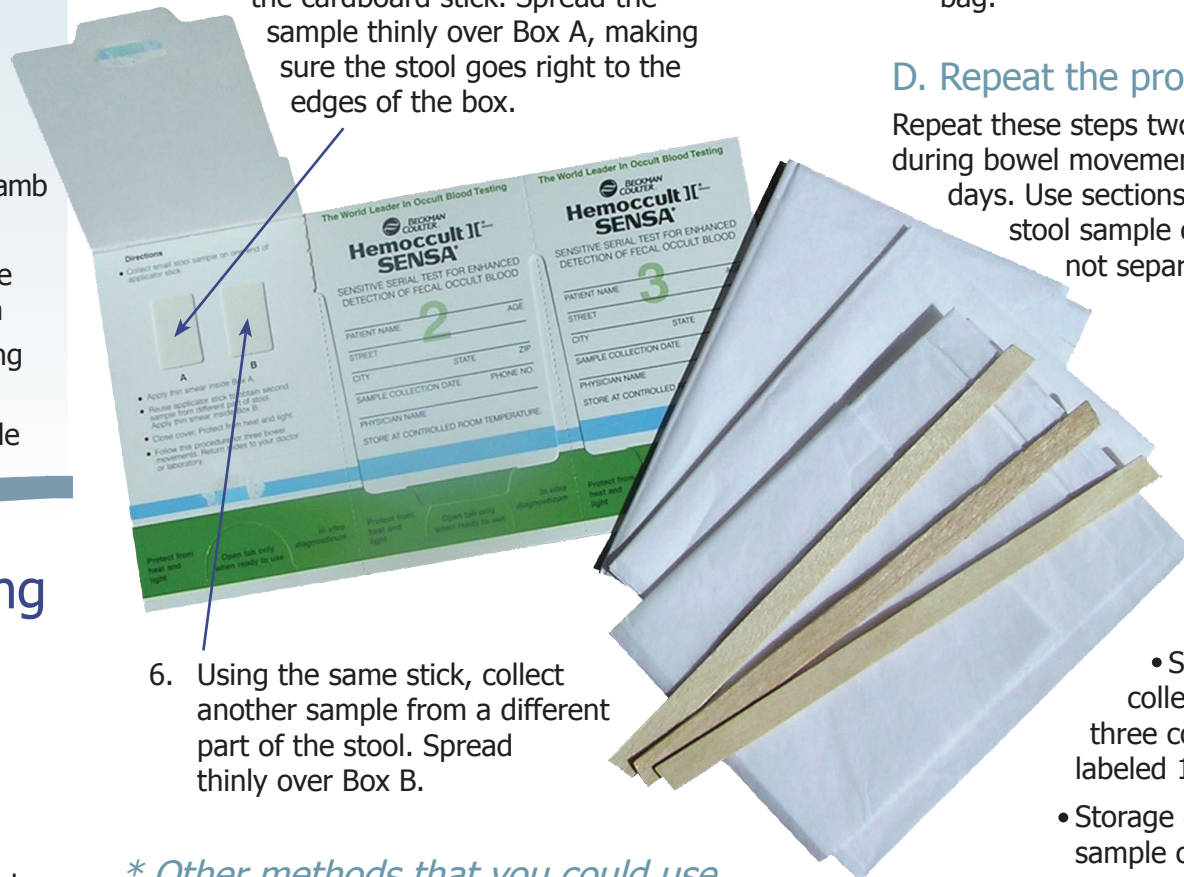
Collecting your screening sample

A. Prepare your materials

1. Fill in the date and your name on the front flap of section 1 on the sample collection card.
2. Open front flap of section 1 on the card. You will see two boxes labeled A and B. (Do not open the flaps on the back of the card).
3. Place the card, one cardboard stick and one collection tissue on a clean surface within reach.

B. Collect the samples*

1. Empty your bladder.
2. Flush the toilet.
3. Unfold a collection tissue. Spread it onto the water in the toilet bowl. Tissue edges should stick to the sides of the bowl.
4. Have bowel movement. Stool will fall onto collection tissue.
5. Collect a small sample of the stool with the cardboard stick. Spread the sample thinly over Box A, making sure the stool goes right to the edges of the box.



6. Using the same stick, collect another sample from a different part of the stool. Spread thinly over Box B.

** Other methods that you could use to collect your stool sample include:*

- Passing bowel movement into a clean container such as a margarine container
- Using a large folded piece of toilet paper

C. Finish up

1. Flush stool and collect tissue.
2. Throw stick into waste container.
3. Wash your hands.
4. Close flap of section 1.
5. Store the card in the envelope provided and keep away from sunlight, heat and household cleaners. Do not store in a plastic bag.

D. Repeat the process

Repeat these steps two (2) more times during bowel movements on different days. Use sections 2 and 3 of the stool sample collection card. Do not separate the sections.

Package Contents

- 3 Cardboard sticks
- 3 Collection tissues
- Stool sample collection card with three collection areas, labeled 1-3
- Storage envelope for sample collection card



DIAGNOSTIC SERVICES
OF MANITOBA