



Fluid contained in tubes is hazardous if swallowed.
Keep away from children.

Do Not contaminate specimen with urine.

Do Not collect specimens during your menstrual period or when haemorrhoids are bleeding.

You do not have to change your diet or medication for this test. Faecal occult blood testing is performed on **two consecutive bowel motions (poos)**.

How to collect

1. On one of the tube labels next to N, A and D write your:
 - Full Name (N)
 - Date of Birth (A)
 - Collection Date and Time (D)
2. Empty your bladder (do a wee), then flush the toilet.
3. Place a clean plastic container in the toilet bowl. Do your bowel motion (poo) into the container.
4. Open the labelled collection tube by **twisting** the green cap.
5. Scrape the tip of the stick over different areas of the surface of the bowel motion (poo). The sample only needs to be small.
6. Re-insert the stick into the open end of the collection tube. **Click the lid shut.**
7. **Shake** the tube up and down several times.
8. Place the tube into the ziploc specimen bag and store in a cool, dark place – ideally the fridge (**Do not freeze**).
9. **Repeat steps 1–8** using the second collection tube when you do your next bowel motion (poo).

Delivering the specimen

Place the two collection tubes into the ziploc section of the plastic specimen bag.

Put the SA Pathology Request form in the open pocket of the bag.

Deliver to your nearest SA Pathology Patient Centre.

Patient Centres

For Patient Centre locations and latest opening hours visit our website www.sapathology.sa.gov.au or phone (08) 8222 3000.

