

PATIENT INFORMATION SHEET

GENERAL INFORMATION

Examination of faeces is a relatively simple way of checking for unsuspected bleeding from the bowel. Because bleeding may be intermittent, three (3) separate samples are usually tested to improve the chances of detecting an abnormality.

Dietary requirements

The food you eat may affect the results of this test. Therefore you have to modify your diet for 3 days prior to commencing the test and continue until all the samples have been collected.

Foods to be avoided:

1. Red meat - beef, lamb etc.
2. Selected fruits and vegetables - turnips, radishes, especially horseradish, broccoli, cauliflower, cantaloupe (rock melon) and other melons.

Tablets to be avoided:

1. Aspirin and other drugs for arthritis (If you are unsure ask your Doctor).
2. Vitamin C supplements

Females should avoid collecting during menses.

COLLECTION PROCEDURE

You will be provided with 3 red ColoScreen plus 3 'Quicktest FOB' collection tubes.. These two different methods of testing increase the chances of any abnormality being detected.

1. Sample the stool from a normally passed bowel action and avoid contamination with water. This can be done by placing a paper pad or several layers of toilet paper in the toilet bowl.

Coloscreen card

1. Open the tab of the ColoScreen card.
2. Collect a small amount of faeces, from the surface or where you think blood might be present, with one end of the applicator. Apply a thin smear in A. Ensure the area is well covered.
3. Reuse the applicator to obtain a second sample from a different part of the stool specimen. Apply a thin smear in B. Again ensure the area is well covered.
4. Allow to air dry then close the cover. Place in the plastic collection bag (sealed area) and store at room temperature.

Quicktest FOB collection tube.

1. Unscrew the patient, red tip end – the lid has a sample stick attached to it. Do not unscrew the blue lid.
2. Push the sample stick end into the faecal specimen in at least 5 different sites. The screw threads enable the specimen to attach to the stick.
3. Insert the sample stick into the collection tube and firmly tighten it.
4. Then shake the tube to mix the specimen.
5. Place the sample in the plastic bag with the coloscreen card and store at room temperature.

This procedure is repeated on three (3) separate bowel motions. When all collections have been completed place the cards and request form into the supplied plastic bag and return both to one of our collection centres as soon as possible.

If you have any additional questions or require further information please contact one of our pathology collectors at the room you attended or the collection Co-ordinator at the Central Laboratory on **9736 2555**.