Faecal Occult Blood Test

About your Test

- Your health professional has requested tests to check for the presence of blood in your faeces.
- The test requires you to collect 3 specimens of your faeces from separate bowel motions as close together as possible.
- Please obtain 3 specimen containers and delivery bags from your health professional or WSCL.
- Preferably eat a high-fibre diet for two days before and during the collection period.
- Do not collect your samples if you have your period, or when suffering from bleeding haemorrhoids.
- Drugs administered rectally (ie. suppositories), should not be taken 1 week before the collection period.
- Do not eat red or rare meat for two days before and during the collection period.
- Avoid horseradish, red radish, cauliflower, broccoli, turnip, parsnip and rockmelon for two days prior to and during the collection period. They contain an enzyme - peroxidise, which can interfere with the test.
- High dose (>250mg) Vitamin C(Ascorbic acid) may cause false negative results so should not be taken for 48 hours before providing the first sample, nor during the collection period.
- Aspirin and other anti-inflammatory drugs, some steroids and ethanol should be avoided from 1 week before the collection. If you have been prescribed any medications by your doctor, you MUST check with them first before you stop taking them.

The Procedure

1. Pass bowel motion into a container (a clean 2 litre ice cream container makes a good collector)
2. Using the scoop on the underside of the specimen container lid, place a portion of bowel motion about the size of a walnut into the container and screw the lid down firmly.
3. Write your full name, date of birth, and the date and time you collected your sample on the container label. Place the container in the delivery bag with the request form in the front pocket and deliver to your nearest Wellington SCL collection centre.

Note: Specimen may be kept in a refrigerator overnight.