

How to do a Home Screening Test (FOBT)



The Home Screening Test is also known as the fecal occult blood test or FOBT.

It is a test that looks for hidden blood in the stool.



The test comes with:

- 3 toilet bowl liners
- 3 sticks
- a stool sample collection card
- envelope A
- a postage paid envelope, and
- a yellow response form.



Do not collect samples if you can see blood in the stool.

In this case see your doctor immediately.



For 3 days before and during the test you should avoid eating too much Vitamin C. Some examples are Red and Green Peppers, Strawberries, Fruit Juice, Broccoli Oranges. Some multivitamins and Iron pills contain Vitamin C so read the label.

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Preparing for the FOBT

Do not use toilet bowl cleaners on the days you are collecting your samples.



Step A: Prepare the test card

- Write your name and the date you are collecting your sample on the first card.



Step B: Prepare the toilet

Flush the toilet and allow the bowl to refill.



Step B: Prepare the toilet

- Lift the toilet seat up.
- Unfold 1 flushable toilet bowl liner, float it on the surface of the water.
- Allow it to stick to the sides of the toilet bowl.

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Step B: Prepare the toilet

- Put the seat down and have a bowel movement. Your stool will fall onto the toilet bowl liner.
- Do not worry if a small amount of toilet water or urine (pee) falls onto the liner.



Step C: Collect Stool Samples

- Open the front flap of section 1 of the card.



Step C: Collect Stool Samples

- Use one of the sticks to get a small sample of your stool.



Step C: Collect Stool Samples

- Cover the entire area of box A with a thin smear of stool.

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Step C: Collect Stool Samples

- Using the same stick, collect a second sample, from a different part of your stool
- Cover the entire area of box B with a thin smear of stool



Step D: Finishing up

- Flush the stool and toilet bowl liner.
- Throw the stick into garbage.



Step D: Finishing up

- Wash your hands.



Step D: Finishing up

- Close front flap of section 1.

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Step D: Finishing up

- Store your card in Envelope A in the bathroom until your next bowel movement.
- Do not seal Envelope A yet.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	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	31			

Step E: Repeat

Repeat all steps A - D for the next 2 days.



Step F: Return the test

Make sure you have filled in:

- All the information on the yellow response form.
- Your name and dates you collected the samples on the flaps of all 3 sections of the collection card.



Step F: Return the test

- Fill in the label on Envelope A.
- Put the completed card in Envelope A and seal it.
- Put Envelope A and the completed yellow Response form in the brown postage paid envelope.

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Mail your Test today!

Contact ColonCheck at
coloncheck@cancercare.mb.ca or by
phone at 1-855-95-CHECK (24325).
Interpreters are available.

Questions?

Interpreters are available.

GetCheckedManitoba.ca
Connect with us on social media.