

Fecal Occult Blood Testing

"I've got to do what with my what?"

If you are reading this handout, you've already been asked by your doctor to do the Fecal Occult Blood Testing kit that is in the handsome green and white envelope. Yes. This is a test of your poo, feces, offering to the world, whatever you might call it.

"But I thought my doctor liked me."

They do, they want to make sure you can have a chance for early screening for colorectal cancer. This type of cancer is often caught in later stages because not too many people want to go through with this test, so by the time this form of cancer has become more obvious, it has already become harder to treat.

Baby poo was cute right?

Ok, it only sort of was but you'll need to get over the fact that you're going to get up close and personal with your poop. Pretend you're at a meatball testing lab, a mud pie contest, or an avant-garde art exhibition.

How to do it

You're at this step already! Congrats for wanting to be involved in your own health. If you have problems with balance you might want to ask a family member to help you get samples. Or you could also just grab a sample from the toilet paper after you've wiped yourself if you don't have someone to help. That would be the last option though and the testing might not be conclusive if you do that.



Ideally

1. One sample a day for three days. Write the date on each window as you do them.
2. If you can, empty the toilet bowl of water. Use the shut off valve behind your toilet then flush. It should stay empty.
3. After you've had a bowel movement, use the wooden spatula that came with the kit to wipe a small amount of feces into the first window. Then close. The second window the next day, third window on the third day.
4. Avoid citrus fruits and juices (especially orange juice) during the days you do this testing, as it will affect the outcome.
5. A smear is fine, no need to use too much.
6. Do not put the test in the fridge, it needs to remain at room temperature.
7. When you are completely done, make sure your doctor's office requisition is in the kit and seal up everything and mail it off.

Have a laugh, but do the test, fecal matter matters, don't just flush it away.