

Faecal Collection – Occult Blood

Information about the test:

There is no need for special dietary restrictions before taking this test. You may continue to take your usual medications, however, alcohol, aspirin and anti-inflammatory medications may cause gastrointestinal irritation resulting in occult bleeding. It is best not to take these medications for at least 48 hours prior to testing, but please discuss this with your doctor. You should also not collect samples during, or within 3 days of a menstrual period, have actively bleeding haemorrhoids, have blood in your urine or if you have strained during the bowel movement.

You should collect only one specimen per day. If your doctor has requested three specimens, you should collect three samples on three consecutive days.

It is ideal to perform the test as soon as possible after specimen collection, so please return the specimen to the collection centre as soon as possible. Do not leave the specimen at room temperature for prolonged periods. If delivery to the lab will be delayed more than a few hours, please put the specimen(s) in the fridge in the biohazard bag. The specimens may be stored in the fridge for up to 72 hours if necessary.

Specimen:

Approximately 20 – 30g of faeces (size of a plum or small egg) is required

Collection Procedure:

1. Line a clean ice cream bucket (or large plastic container) with aluminium foil or toilet paper.
2. Pass faeces into container. Try not to contaminate the faeces specimen with urine or toilet water as this can cause dilution of the sample.
3. Using the scoop in the lid of the supplied brown top container, or a wooden applicator, transfer some faeces into the brown topped faeces container.
4. If diarrhoea is watery, pass into unlined container and then pour into the brown-topped faeces container.
5. Label container with surname, given name, date of collection, time of collection and date of birth. Seal the specimen container in the bag provided and place the request form in the pocket on the side of the bag.
6. Deliver specimen and request form to the nearest Western Diagnostic Pathology collection centre as soon as possible.

