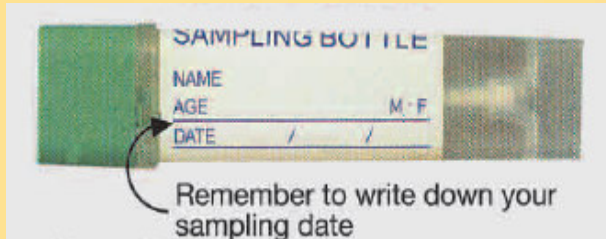


Faecal Occult Blood Test (FOBT)

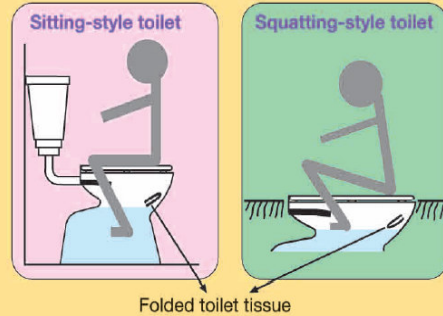
Step by Step Guide to Stool Collection

FOBT is a simple test to detect non visible blood in your stool. It is one of the preliminary screening tests for colorectal cancer.

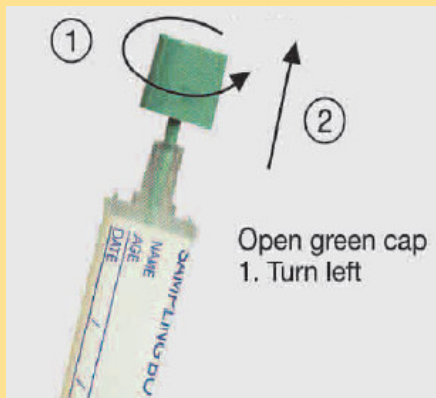
STEP 1: Fill in your personal particulars



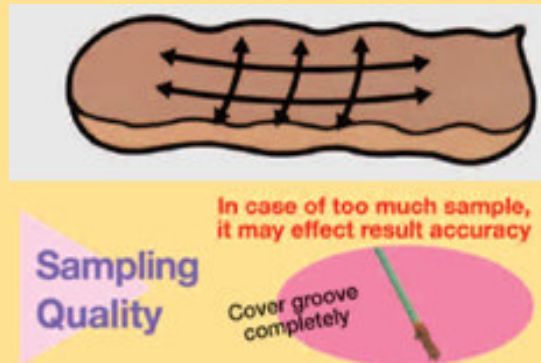
STEP 2 : Collect stool on a clean piece of folded tissue as shown below



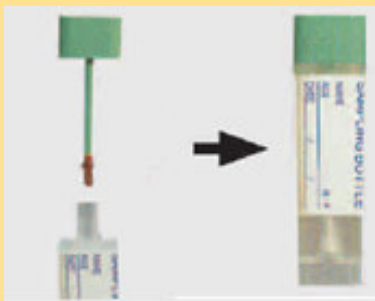
STEP 3 : Remove the green cap from the sampling bottle



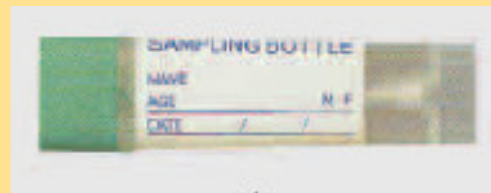
STEP 4 : Collect sample by scrapping on the stool surface. Cover the groove completely.



STEP 5 : Insert green cap to sample bottle. Tighten cap securely and shake the bottle several times.



STEP 6 : Place the sampling bottle in the plastic bag provided. Store in cool and dark place at room temperature. Send the stool sample within 2 days of collection.



DO's

1. No dietary restrictions are required.
2. Collect sample from fresh stool.

DONT's

1. DO NOT discard the liquid in the bottle
2. DO NOT add water into the bottle
3. DO NOT insert sampling probe into human body directly
4. DO NOT use the sampling bottle other than the purpose for sampling
5. DO NOT collect sample if you have any bleeding conditions, for examples hemorrhoids or menstrual bleeding.



Health For Life Centre (Clinic B)
 378 Alexandra Road Singapore 159964
 Tel: (65) 6379 3228/ 3229
 E-mail: AH_wellness@alexhosp.com.sg