



FAECAL OCCULT BLOOD (FOB) COLLECTION

SEPTEMBER 2011

insight

There has been a change in the collection requirements for the faecal occult blood (FOB) samples

Samples will only be tested if they are received in the appropriate faecal occult blood (FOB) collection tubes

Recollects will be organised if a faeces sample is received in a pot



Figure 1:
FOB collection tube

Due to instrument upgrade in our laboratory, there has recently been a change in the collection requirements for faecal occult blood (FOB) samples. Samples will only be tested at Melbourne Pathology if received in the appropriate FOB collection tubes.

The FOB tubes contain preservative which preserves any blood present in the faeces. If the specimen is not preserved, bacteria and acid in the stool can start breaking down haemoglobin within one hour of collection. Thus, in order to achieve the best quality of results, we will perform the test only if received in the correct FOB collection tubes. Any specimens delivered to us will be assessed for the integrity upon arrival at the laboratory and a recollection will be organised if the specimen has not been collected into an appropriate container. To minimise the inconvenience to patients and doctors, please use the correct FOB collection kits which are available through our Stores Department.

PATIENT COLLECTION INFORMATION

This test is used to detect the presence of blood in your faeces, which is not always visible to the naked eye. Please follow these instructions carefully to ensure your test results are accurate and reliable.

You will need to collect a faeces sample from each of three consecutive bowel movements. Your doctor or Melbourne Pathology staff member will give you a collection kit, including three collection containers (figures 1 and 3).

Note: These instructions are available for patients. You can order these from our Stores Department.

Re-order no: M1038

INSTRUCTIONS

Before you start this test try to maintain a well balanced diet including fruit, vegetables and cereals and follow the restrictions below.

1. Do not collect samples during or until 3 days after a menstrual period.
2. Samples should be received in the laboratory within 3 days of last collection. Refrigerate samples after each collection.

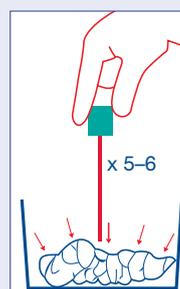


Figure 2 & 3: FOB collection method



FAECAL OCCULT BLOOD (FOB) COLLECTION cont...

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FAECAL COLLECTION

1. Pass urine into the toilet if necessary.
2. Place a clean container (such as an ice cream container) into the toilet bowl to catch the faeces.
3. Twist the green cap on the collection container to open the tube.
4. The sampling probe is attached to the cap. Obtain the sample on the end of the sampling probe by inserting the probe into 5 or 6 locations in the faeces.
5. Return the sampling probe to the collection container. Align the cap in the same direction as the container, then press it straight onto the container until a click sound is heard.
6. Shake the collection container vigorously up and down several times.
7. Ensure your name, date of birth and date and time of collection is written on the container.
8. Place container into the plastic bag supplied and immediately store in refrigerator.

Repeat all steps for the second and third bowel movements. Refrigerate all samples and deliver to your nearest Melbourne Pathology collection centre.

Dr Ken Sikaris

BSc (Hons), MBBS, FRCPA,
FAACB, FFSc

Director Of Chemical Pathology



A graduate of the University of Melbourne, Dr Sikaris trained at the Royal Melbourne, Queen Victoria, and Prince Henry's Heidelberg Repatriation Hospitals. He obtained fellowships from the Royal College of Pathologists of Australasia and the Australasian Association of Clinical Biochemists in 1992 and 1997 respectively.

Dr Sikaris was Director of Chemical Pathology at St Vincent's Hospital in Melbourne between 1993 and 1996. A NATA-accredited laboratory assessor, Dr Sikaris specialises in Prostate Specific Antigen, cholesterol and quality assurance and is Chair of the RCPA Key Incident Monitoring Program for Australasia. Dr Sikaris is a prolific lecturer to undergraduate and postgraduate, medical and allied health students including GP's and a variety of specialist groups across Australia and overseas.

Please ensure you have the specific FOB collection kits in your clinic.

You can order the FOB collection kits through our Stores Department on 9287 7824.