**Patient Instructions for the Fecal Occult Blood Test (FOBT)**

**Avoid the following medications, vitamins, and foods three days before and during the time you do the test:**
- Do not take aspirin or other non-steroidal anti-inflammatory medications. For example, common non-steroidal anti-inflammatory medications include:

<table>
<thead>
<tr>
<th>Brand names</th>
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- Please ask your doctor about other medications you are taking.
- Do not eat beef, lamb, and blood products. You can eat chicken and pork.
- Do not eat raw fruits and vegetables (especially melons, radishes, turnips, and wasabi/horseradish). Cooked fruits and vegetables (e.g., canned) are fine.
- Do not take more than 250 mg of vitamin C each day (e.g., 2 cups of orange juice or 5 medium sized oranges or vitamins).

**Other things to pay attention to regarding the FOBT:**
- Do not collect stool samples during your menstrual period (wait until three days after the bleeding has stopped), or while you have bleeding hemorrhoids or blood in your urine.
- Remove toilet bowl cleaners from toilet tank and flush twice before collecting the samples. Do not use toilet bowl cleaners while doing the test.
- Collect samples from three bowel movements that follow each other.
- Keep card away from heat, light, and chemicals.
- Keep cover of card closed when not in use.

**Prepare the card**
1. a) Remove the card from the paper envelope and write your name, age, and address on the front of the card with a pen. You may store the card in this paper envelope.

**Collect stool**
2. a) Write in the date you are collecting your stool sample on section 1 of the card just before your bowel movement.
   b) Flush toilet bowl and allow to refill.
   c) Unfold the flushable tissue paper that is included in the kit and float it on the surface of the toilet bowl water. Allow the edges of the paper to stick to sides of bowl. Your stool will fall on the tissue. (Note: Do not be concerned if some water collects on the tissue.)

**Place stool on the card**
3. a) Open front of section 1. Use one of the sticks in the kit to take a small sample of stool from the tissue paper. Put a thin smear of this on the area of the card marked A.
   b) Collect a second sample from a different part of the stool with the same stick. Place a thin amount of this on the area of the card marked B. Flush the tissue paper down the toilet and discard the stick in a waste container.

**Close the cover**
4. a) Close the cover of section 1 by inserting the front flap under the tab. Store the card in the paper envelope until your next bowel movement. Do not store the card in the refrigerator at any time.

**Repeat and then mail**
5. a) Repeat all the steps above for your next 2 bowel movements using sections 2 and 3. After completing the last section, return the card immediately to your doctor or clinic, or wait overnight for the card to dry in the paper envelope.
   b) The next day, remove the card from the paper envelope and place in the mailing pouch. Seal the pouch carefully and mail it immediately to your doctor or clinic.

**Please ask your doctor about other medications you are taking.**

**Avoid the following medications, vitamins, and foods three days before and during the test:**
- Do not eat beef, lamb, and blood products. You can eat chicken and pork.
- Do not eat raw fruits and vegetables (especially melons, radishes, turnips, and wasabi/horseradish). Cooked fruits and vegetables (e.g., canned) are fine.
- Do not take more than 250 mg of vitamin C each day (e.g., 2 cups of orange juice or 5 medium sized oranges or vitamins).

**Do not collect stool samples during your menstrual period (wait until three days after the bleeding has stopped), or while you have bleeding hemorrhoids or blood in your urine.**

**Remove toilet bowl cleaners from toilet tank and flush twice before collecting the samples. Do not use toilet bowl cleaners while doing the test.**

**Collect samples from three bowel movements that follow each other.**

**Keep card away from heat, light, and chemicals.**

**Keep cover of card closed when not in use.**

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- Other things to pay attention to regarding the FOBT:

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Những điều cần căn cứ y về việc xét nghiệm tìm máu ăn trong phân (FOBT):

- Không được lấy máu phân trong khi đang có kinh nguyệt (chớ 3 ngày sau khi dứt kinh) hay khi đang bị chảy máu vệ tã trị hay khi có máu trong nước tiểu.
- Lấy bọ thụ lấy gân gần trong bồn cầu (toilet bowl cleaner) ra và giữ cầu hai lần trước khi lấy máu phân. Đừng dùng thuốc làm sạch cầu trong thời gian lấy máu phân.
- Lấy những máu phân trong ba lần đi cầu liên tiếp.
- Không được để phiếu xét nghiệm gần nơi nóng, ánh sáng và hóa chất.
- Che kín phiếu xét nghiệm khi không dùng tã.

Những điều cần lưu ý về việc lấy máu phân:

- Không được dùng thuốc aspirin hay những thuốc chống viêm không steroid, chẳng hạn như:

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- Không được dùng quá 250 mg vitamin C mỗi ngày (chớ ngắm dùng 2 ly nước cam và 5 trái cam cũng như vitamin v.v.v.).
- Không lấy máu phân trong khi lây máu sau kinh nguyệt (chớ 3 ngày sau khi dứt kinh) hay khi đang bị chảy máu vệ tã trị hay khi có máu trong nước tiểu.

1. Sửa soạn phiếu nhiệm
   a) Lấy phiếu nhiệm trong bì ra và viết tên, tuổi, địa chỉ vào mặt trước của phiếu bằng viết mực. Quy vị có thể lưu trả phiếu trong bao thư này.

2. Lấy máu phân
   a) Đè nguyên thằng khi lấy máu phân vào phần mới của phiếu nguy trước khi đi cầu.

3. Lấy máu phân vào phiếu
   a) Mở phần trước của phần mới. Đừng que cho sẵn lấy một máu phân nhỏ trên giấy. Quết một lọt mở lên trên ô A.
   b) Củng quặt que trên lấy lấy một máu phân thứ hai ở phần khó khăn lên thử nhất. Quết một lọt mở lên trên ô B. Giặt cầu cho trôi giấy và bỏ que vào thùng rác.

4. Đóng nắp
   a) Đặt nắp phần 1 bằng cách gài nắp may lại. Bớ phiếu nhiệm giữ trong bao thư cho đến lần đi cầu tiếp. Không được để phiếu nhiệm trong tủ lạnh bất cứ lúc nào.
   b) Ngày hôm sau dán cơn tháo và gửi cho bác sĩ hoặc chăm y viên lấy túc. Hay chờ cho phiếu nhiệm khó qua đếm trong bao thư bằng giấy.

5. Lập lại nội dung phiếu đi
   a) Lập lại trình tự nội trên thêm trong hai lần đi cầu liên tiếp sau đó, xử dụng phần 2 và 3. Sau khi hoàn tất lần chút, quy vị có thể gởi phiếu nhiệm cho bác sĩ hoặc chăm y viên lấy túc. Hay chờ cho phiếu nhiệm khó qua đếm trong bao thư bằng giấy.