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.
- 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 wasabe/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.)

For example, common non-steroidal anti-inflammatory medications include:

<table>
<thead>
<tr>
<th>Brand names</th>
<th>Generic names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advil</td>
<td>Ibuprofen</td>
</tr>
<tr>
<td>Motrin</td>
<td>Ibuprofen</td>
</tr>
<tr>
<td>Aleve</td>
<td>Naproxen</td>
</tr>
<tr>
<td>Naprosyn</td>
<td>Naproxen</td>
</tr>
<tr>
<td>Indocin</td>
<td>Indomethacin</td>
</tr>
<tr>
<td>Celebrex</td>
<td>Celecoxib</td>
</tr>
<tr>
<td>Vioxx</td>
<td>Rofecoxib</td>
</tr>
</tbody>
</table>

Performing the FOBT

Prepare the Card
1. 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
1. Write in the date you are collecting your stool sample on section 1 of the card just before your bowel movement.
2. Flush toilet bowl and allow to refill.
3. 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
1. 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.
2. 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
1. 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
1. 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.
2. 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.
避免使用下面的药物，维他命和食物

- 阿斯匹林
- 治疗痛经
- 布洛芬
- 非甾体类抗炎药物包括：
  - Advil
  - Motrin
  - Aleve
  - Naprosyn
  - Celebrex
  - Vioxx

- 药物名称
  - Advil
  - Motrin
  - Aleve
  - Naprosyn
  - Celebrex
  - Vioxx

- 药物名称
  - Ibuprofen
  - Ibuprofen
  - Ibuprofen
  - Naproxen
  - Indomethacin
  - Celecoxib
  - Rofecoxib

- 如果您在吃其他药物，问您的医生可不可以吃。
- 不要吃牛肉及羊肉和含动物的血的食物，鸡鸭和猪肉可以吃。
- 不要吃生的水果和蔬菜（特别是水果，特别是洋果，及芥末/山葵）。煮熟的水果和蔬菜（如罐头）可以吃。
- 每天不要吃超过250毫克的维他命C（如：两杯橘子汁5个中型大小的橘子，或维他命）。

做大便检查的步骤

1. 准备好卡片
   - 将卡片由纸信封中取出，用原子笔记上您的姓名、年龄和住址。每次收集完大便后可以把卡片放回纸信封内。

2. 收集大便样本
   - 在您大便之前，在卡片的第一部分（section 1），写下收集样本的日期。
   - 将样本放入信封内，再放入水中流通，让样本保持湿润。
   - 将样本放入信封内，再放入水中流通，让样本保持湿润。
   - 把样本放入信封内，再放入水中流通，让样本保持湿润。

3. 将样本放回信封内
   - 把第一部分样本放入回信封内收好。无论如何都不要把卡片放入冰箱内。

4. 重复做，然后寄出
   - 用卡片的第二和第三部分（section 2 和 3），连续再做两次。做完以后把卡片交回给您的医生或护士，或者寄卡信封内，等隔天的信封内封好后立即寄回给您的医生或护士。

做大便检查的其他注意事项

- 在月经期间不要收集大便样本（等到停经且停止流血后三天才做）。
- 或转为出血时，或尿中带血时也不要收集大便样本。
- 减少马桶水箱内的清洁剂，冲水两次后才开始收集大便样本。做检查的期间不要用马桶清洁剂。
- 重复三次收集大便样本。
- 把卡片放在阴暗处，并远离热源以及其他化学品。
- 卡片不用时要把它盖好。