

# 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:

## Brand names

Advil  
Motrin  
Aleve  
Naprosyn  
Indocin  
Celebrex  
Vioxx

## Generic names

Ibuprofen  
Ibuprofen  
Naproxen  
Naproxen  
Indomethacin  
Celecoxib  
Rofecoxib

- 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.)

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.

## Performing the FOBT



### 1 Prepare the Card

- 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.



### 2 Collect Stool

- Write in the date you are collecting your stool sample on section 1 of the card just before your bowel movement.
- Flush toilet bowl and allow to refill.
- 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.)



### 3 Place Stool on the Card

- 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.
- 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.



### 4 Close the Cover

- 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.



### 5 Repeat and Then Mail

- 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.
- 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.

# 做大便檢查的注意事項和步驟

避免使用下面的藥物，維他命和食物

- 開始做檢查的三天前及做檢查期間內，
- 不要吃阿斯匹靈及其他非固醇類的抗炎藥物。常用的非固醇類抗炎藥包括：

商品名稱	藥物名稱
Advil	Ibuprofen
Motrin	Ibuprofen
Aleve	Naproxen
Naprosyn	Naproxen
Indocin	Indomethacin
Celebrex	Celecoxib
Vioxx	Rofecoxib

- 如果您在吃其他藥物，問您的醫生可不可以吃。
- 不要吃牛肉及羊肉和含動物的血的食物。雞肉和豬肉可以吃。
- 不要吃生的水果和蔬菜(特別是瓜類、蘿蔔類、及芥末/山葵)。煮過的水果和蔬菜(如罐頭)可以吃。
- 每天不要吃超過 250 毫克的維他命 C (如：兩杯橘子汁、5 個中型大小的橘子、或維他命)。

做大便檢查的其他注意事項

- 在月經期間不要收集大便樣本(等到停止流血後三天才做)，或痔瘡出血時、或尿中帶血時也不要收集大便樣本。
- 取出馬桶水箱內的清潔劑，沖水兩次後才開始收集大便樣本。做檢查的期間不要用馬桶清潔劑。
- 連續三次收集大便的樣本。
- 把卡片放在陰暗處，並遠離熱源以及化學品。
- 卡片不用時要把它蓋好。

## 做大便檢查的步驟



### 1 準備好卡片

- 1、將卡片由紙信封中取出，用原子筆在卡上寫好您的姓名、年齡和住址。每次收集完大便後，可以把卡片放回紙信封內。



### 2 收集大便樣本

- 1、在您大便之前，在卡片的第一個部份(section 1)，寫下收集樣本的日期。
- 2、沖馬桶並等水再添滿。
- 3、將紙信封內的薄紙取出，攤開，放在水面上，讓它浮著，紙的邊緣貼在馬桶內側。這樣您的大便就會掉在薄紙上。(注意：如果薄紙上有一些水，請不要擔心。)



### 3 將大便樣本塗在卡片上

- 1、打開卡片的第一個部份。用紙信封內的一根木棒取一點大便的樣本，薄薄地塗在 A 格子裏。
- 2、再用同一根木棒，在大便的另一個部分取一點樣本，薄薄地塗在 B 格子裏。把薄紙沖掉，並把木棒丟在垃圾筒內。



### 4 把卡片蓋好

- 1、把第一個部份蓋好。將卡片放回紙信封內收好。無論如何都不要把卡片放入冰箱內。



### 5 重覆做，然後寄出

- 1、用卡片的第二和第三個部份(section 2 和 3)，連續再做兩次。做完以後馬上把卡片交回給你的醫生或診所；或把卡片放在紙信封內，等隔天乾了後取出卡片，放入郵寄袋內，封好後立即寄回給你的醫生或診所。