



# The Home Screening Test

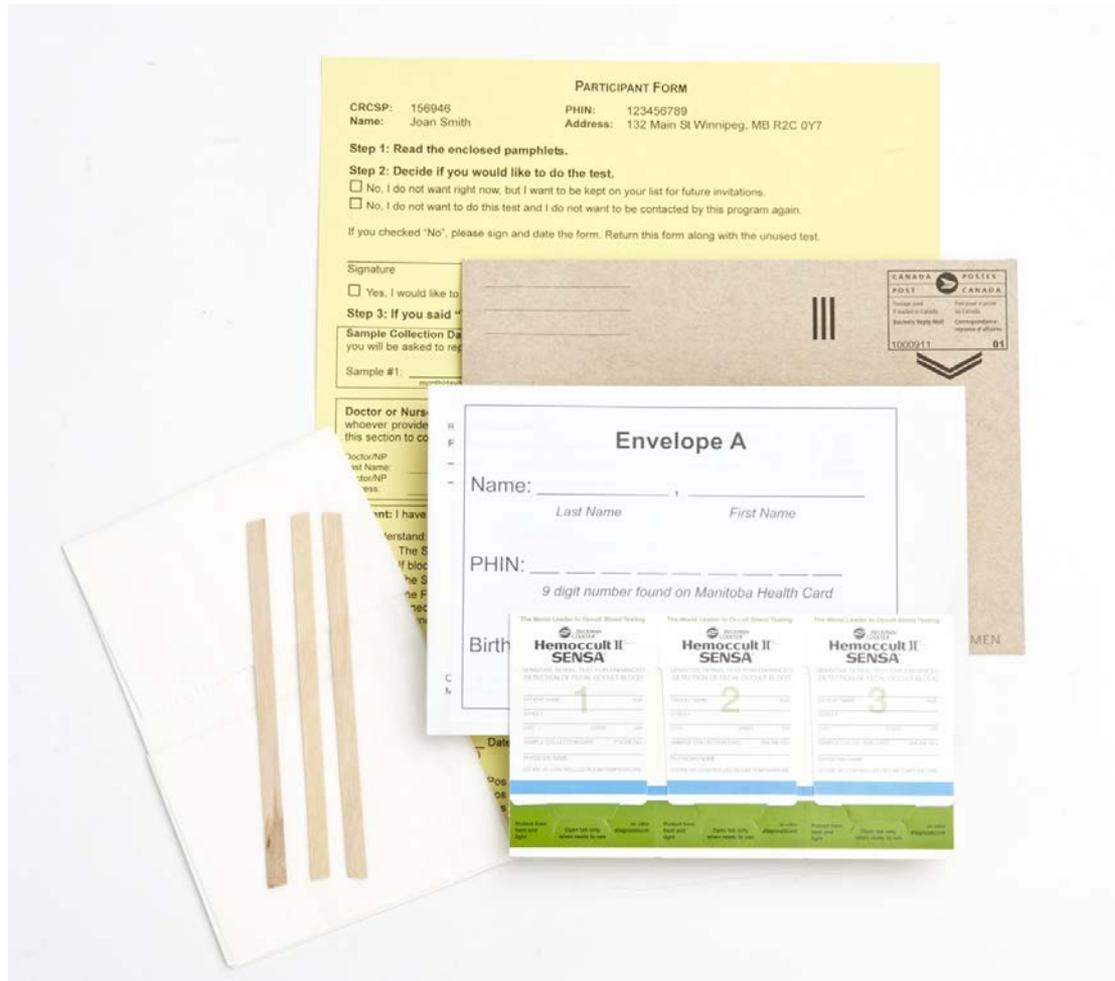
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- The Home Screening Test is also known as the fecal occult blood test or FOBT.
- It is a test that looks for hidden blood in the stool.

# Contents of the Home Screening Test

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The test comes with:

- 3 toilet bowl liners
- 3 sticks
- a stool sample collection card
- envelope A
- a postage paid envelope, and
- a yellow response form.

# Do **not** collect samples if you:

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- can see blood in the stool. In this case see your doctor.
- are within 3 days before or after your menstrual period.
- have just had a colonoscopy or will be having one in the next few months.



# Preparing for the FOBT: Vitamin C

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For 3 days before and during the test you should avoid eating too much Vitamin C.

Examples of foods high in Vitamin C:

- Red Pepper
- Green Pepper
- Strawberries
- Fruit Juice
- Broccoli
- Orange



Some multivitamins and Iron pills contain Vitamin C so read the label.

# Preparing for the FOBT: Cleaning

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Do not use toilet bowl cleaners on the days you are collecting your samples.

# Step A: Prepare the test card

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Write your name and the date you are collecting your sample on the first card.

## Step B: Prepare the Toilet

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Flush the toilet  
and allow the  
bowl to refill.

## Step B: Prepare the Toilet

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- Lift the toilet seat up.
- Unfold 1 flushable toilet bowl liner, float it on the surface of the water.
- Allow it to stick to the sides of the toilet bowl.

## Step B: Prepare the Toilet

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- Put the seat down and have a bowel movement. Your stool will fall onto the toilet bowl liner.
- Do not worry if a small amount of toilet water or urine (pee) falls onto the liner.

## Other Options:

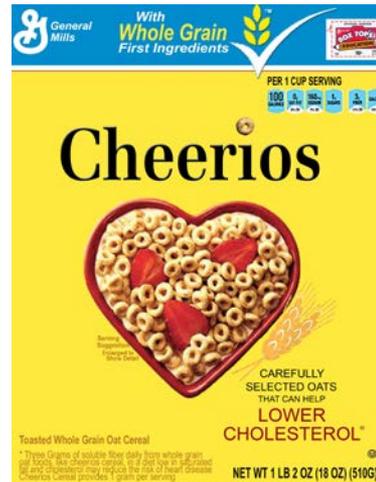
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You can use a clean disposable container or paper plate instead of the toilet bowl liner provided.

# Other Options:

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If you use an outhouse or latrine, and option for preparing the toilet to collect the stool samples is to:

- use a clean disposable container,
- a disposable paper plate, or
- cardboard from a cereal or cracker box.



## Step C: Collect Stool Samples

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Use one of the sticks to get a small sample of your stool.

# Step C: Collect Stool Samples

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Cover the entire area of box A with a thin smear of stool.

# Step C: Collect Stool Samples

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- Using the same stick, collect a second sample, from a different part of your stool
- Cover the entire area of box B with a thin smear of stool

## Step D: Finishing Up

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- Flush the stool and toilet bowl liner.
- Throw the stick into garbage.

## Step D: Finishing Up

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Wash your hands.

# Step D: Finishing Up

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Close front flap of section 1.

# Step D: Finishing Up

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- Store your card in *Envelope A* in the bathroom until your next bowel movement.

- Do not seal *Envelope A* yet.**

# Step E: Repeat

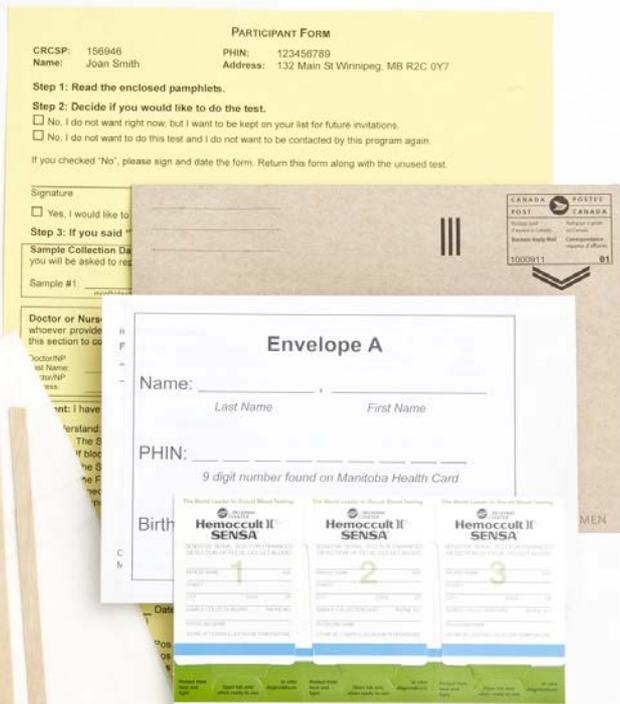
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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Repeat all steps A - D  
for the next 2 days.

# Step F: Return the Test

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**Make sure you have filled in:**

- All the information on the yellow response form.
- Your name and dates you collected the samples on the flaps of all 3 sections of the collection card.

# Step F: Return the Test:

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- Fill in the label on Envelope A.
- Put the completed card in Envelope A and seal it.
- Put *Envelope A* and the completed yellow Response form in the brown postage paid envelope.

# Mail Your Test Today!

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Do not return to your local lab, health centre or nursing station.



# Questions?

Contact ColonCheck at **coloncheck@cancercare.mb.ca** or by phone at 1-855-95-CHECK (24325). Interpreters are available.

## GetCheckedManitoba.ca

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