**Patient Instructions for Stool Blood Test**

### Before You Start the Test
- Take the small tube out of the envelope.
- **Do not** use the test kit after the expiration date on the carton and vial labels.
- Check your name and date on the sampling bottle.

### Doing the Test
- **Do not** collect stool sample from toilet bowl water.

1. **Urinate before your bowel movement.**

2. **Collect the stool in a clean, dry container, such as:**
   - Paper plate
   - Small cardboard box
   - Bucket
   You can line the container with the enclosed collection paper.

3. **Open green cap** by turning to the left and pulling upwards.

4. **Scrape the surface of the fecal sample with the sample stick.**

5. **Cover the grooved portion of the sample stick completely with stool sample.**

6. **Close sampling bottle** by inserting the sample stick and screwing cap on tightly to the right. Do not reopen.

### Handling the Sample
- **Flush any stool in the toilet.**
- If you used the collection paper, flush it down the toilet.
- **Store the sampling bottle** at room temperature 36-86F.

### After the Test
1. **Wrap the sampling bottle with the absorbent pad provided.**

2. **Put the sampling bottle into the specimen bag.**

3. **Bring the complete kit to your clinic OR mail the complete kit.**

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**Please Note:**
- There are no special diet or medication restrictions for this test.

**STOP**
- Three days before, during or after your period, or
- If you have bleeding hemorrhoids, blood in urine, open cuts on hands, or strained bowel movements the same day.

**Need Help?**
- To hear these instructions in English, Spanish, or Vietnamese, call 713-798-1110
- Visit: [www.bcm.edu/cprit/fitvideos](http://www.bcm.edu/cprit/fitvideos)

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You have finished the test! If your result is positive, you will be contacted to schedule a colonoscopy.

*Instructions adapted from the OC-Light. Manual iFOBT Kit Project funded by the Cancer Prevention and Research Institute of Texas (CPRIT Award PP140028)