

# Faecal Occult Blood Sample Collection Procedures

Pathology / Blood Sciences

Diagnostics & Therapeutics

Path Links

Northern Lincolnshire & Goole NHS Foundation Trust

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.



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# Information for patients and visitors

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## Introduction

This test requires the collection of a sample of faeces (motion) on three consecutive days. Please follow the dietary and other restrictions on the patient information sheet (Faecal Occult Blood Sample Collection).

## Dietary Restrictions

### You can eat:

- Cooked and raw vegetables (lettuce, corn and spinach)
- Fruit (prunes, plums, grapes and apples)
- High fibre (bran, cereal, popcorn, whole wheat bread)
- Tuna fish, well cooked chicken, turkey or pork

### You should not eat:

- Red meat or under cooked meats
- Turnips, broccoli, horseradish, parsnips, radishes
- Vitamin C in excess of 250 mg
- Iron supplements
- Aspirin or medication, which may cause gastrointestinal irritation

## Other Restrictions

Do not collect samples during or until three days after a menstrual period.

Do not collect samples if there is blood in urine or bleeding from haemorrhoids or dental work or diarrhoea.

There are two sets of instructions below depending on whether you are collecting the samples in the blue faeces pots or directly on to the Hema-Screen Test Slides. Please read carefully and follow the appropriate set.

## If you have been given three blue or brown faeces pots then follow this set of instructions

1. On Day/Occasion ONE, pass the motion into a clean container
2. Take the first pot, label clearly with **Surname, Forename, Date of Birth and sample date - (these may have been pre-labelled for you in the surgery). LABEL AS SAMPLE 1**
3. Place a small amount of the motion onto the scoop and transfer to the bottle. Repeat this transference two or three times. A total amount the size of a walnut is sufficient
4. Secure the screw cap and place the pot in the clear plastic bag and seal. Keep the sample cool
5. Repeat the steps 1 to 4 as above on the next two occasions of bowel motion, even if there are three in one day
6. Clearly label these pots with **Surname, Forename, Date of Birth and sample date - (these may have been pre-labelled for you in the surgery). LABEL AS SAMPLE 2 and SAMPLE 3**

### NOTE inadequately labelled samples will not be tested

7. When all three samples have been collected, put them into the plastic bag(s) attached to the request form(s) and return to your GP's surgery for sending to the laboratory or alternatively bring the pots directly to the Pathology Department at your local hospital



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### If you have been given three hema-screen test slides then follow this set of instructions

1. On Day / Occasion 1, ensure that your test slides are ready to use before sitting on the toilet. It is important that the bowel motion has not been in contact with the toilet bowl. The stool can be caught in a clean disposable container or in your hand covered with a plastic bag or in folded pieces of toilet paper
2. Using one end of the applicator stick to collect a small stool sample by stabbing the stool and applying a thin smear to the centre of oval I of the **Hema-Screen** slide.
3. Using the same applicator obtain another sample from a different area of the stool and apply to the centre of oval II. Label the slide(s) clearly with your **Surname, Forename, Date of Birth and sample date - LABEL AS SAMPLE 1.**
4. Repeat the steps given above on the next two occasions of bowel motion, even if there are three in one day. Clearly label these slide(s) with **Surname, Forename, Date of Birth and sample date - LABEL AS SAMPLE 2 and SAMPLE 3**
5. Do not flush the applicators down the toilet, wipe with toilet paper, wrap up and dispose of them in an outside bin.
6. Store the prepared slide(s) at room temperature, protected from light.

**NOTE inadequately labelled samples will not be tested**

7. When all three samples have been collected, put them into the plastic bag(s) attached to the request form(s) and return to your GP's surgery for sending

to the laboratory or alternatively bring the slides directly to the Pathology Department at your local hospital

The results for your test will be sent to your requesting doctor when complete.

### Benefits

The benefit of doing the test is that it will provide your doctor with important results which will help with diagnosis and / or treatment.

### Risks

No risks associated with doing this test but ensure you follow usual hygiene procedures and wash your hands after providing the sample(s).

### Alternatives

There are no alternative tests that could be used to the one that you have been asked to undertake.

### Contact details for Further Information

If you have any queries please ring your local laboratory:

**Goole** Tel. 01724 290033 Reception 0830-1600 (Mon-Fri)

**Grimsby** Tel. 01472 875264 Reception 0800-1700 (Mon-Fri)

**Scunthorpe** Tel. 01724 290005 Reception 0800-1700 (Mon-Fri)

**Louth** Tel. 01507 600100 Ext 1253 Reception 0830-1630 (Mon-Fri)

### Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the



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first instance, please speak to the person providing your care.

## For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

## For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:  
[nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

## Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

## Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

## Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

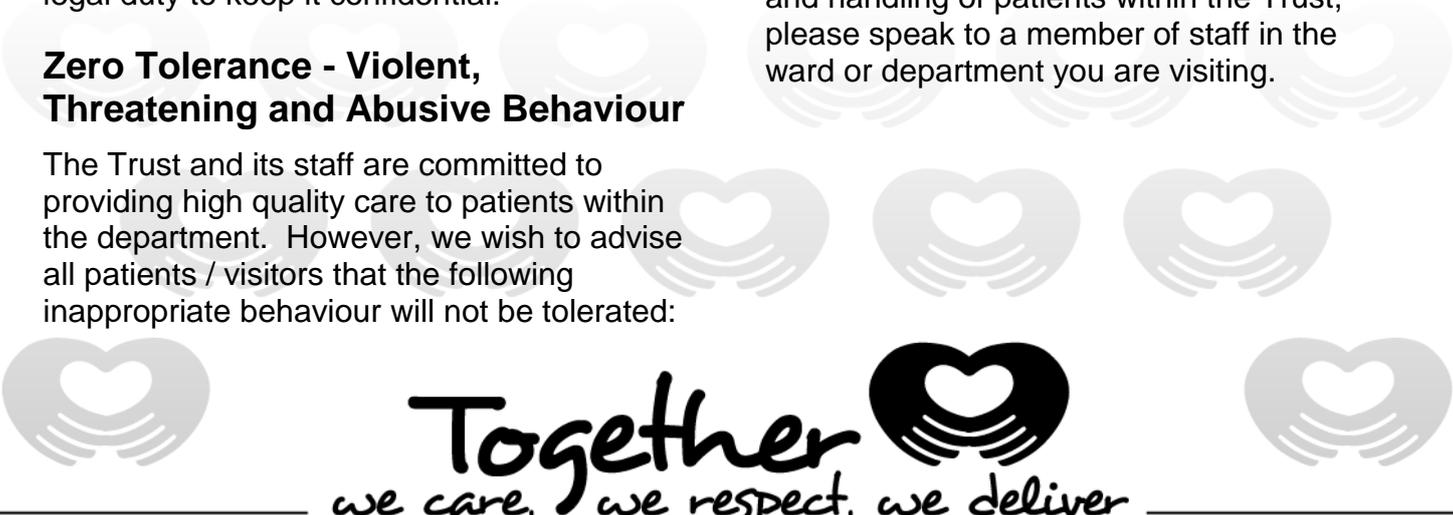
Please tell a member of staff on the ward or in the department you are attending / visiting.

## Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.



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**Northern Lincolnshire and Goole NHS  
Foundation Trust**

**Diana Princess of Wales Hospital  
Scarho Road  
Grimsby  
01472 874111**

**Scunthorpe General Hospital  
Cliff Gardens  
Scunthorpe  
01724 282282**

**Goole & District Hospital  
Woodland Avenue  
Goole  
01405 720720**

[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

**Date of issue: August, 2014**

**Review Period: August, 2017**

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**IFP-647 v2.0**

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