

Faecal Occult Blood Sample Collection Procedures

Pathology / Blood Sciences

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 you may have.

Information for patients and visitors

Introduction

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

Dietary Restrictions

For three days before and during the stool collection period please follow the recommendations below with regard to what you can and cannot eat

You can eat

A well balanced diet including fibre such as bran cereals, fruits and vegetables except those listed below.

You should not eat:

- Red meat (beef, lamb and liver) or under cooked meats
- Turnips, broccoli, horseradish, cauliflower, cantaloupe melon, parsnips, radish
- Vitamin C in excess of 250 mg
- Iron supplements
- Aspirin or medications such as non-steroidal anti-inflammatories, corticosteroids, reserpine, phenylbutazone, indomethocin should be discontinued 2 days prior to, and during, the test period, as these may cause gastrointestinal irritation. If you are unsure you should contact your doctor before stopping any medication.

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 or brown sample pots or directly on to the Hema-Screen Test Slides. Please read carefully and follow the appropriate set.

Information for patients and visitors

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 container. 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. Samples must be stored in a cool place and returned to your local Pathology Department within 48 hours of collection or within 24 hours to your GP surgery.

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.

Information for patients and visitors

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. 03033 304025 Reception 0830-1600 (Mon-Fri)

Grimsby Tel. 03033 302677 Reception 0800-1700 (Mon-Fri)

Scunthorpe Tel. 03033 302641 Reception 0800-1700 (Mon-Fri)

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

Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service offers confidential advice, support and information on any health related matters.

If you have a comment, concern, complaint or compliment about the care or service you have received from the Trust you can contact the PALS team as follows:

Telephone: 03033 306518

Email: nlg-tr.PALS@nhs.net

There are also offices at both the Diana Princess of Wales Hospital (near the main entrance) and Scunthorpe General Hospital (on the C Floor, near the outpatient department), should you wish to visit.

Please note: PALS should not be contacted for clinical advice relating to the content of this leaflet. The service should be contacted directly in the first instance.



Information for patients and visitors

Confidentiality and How We Use Data

Personal information on NHS patients is collected and recorded within paper and electronic formats primarily to support high quality care that is safe and effective. To do this, information is also used to support quality improvement activities, investigate any concerns you may raise as well as to support and understand NHS performance. All NHS staff have a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it. Other circumstances where information may be shared include administrative teams to plan future care needed, commissioners of Trust services, other NHS or social care providers and in some cases voluntary sector providers.

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 who 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.



Information for patients and visitors

Northern Lincolnshire and Goole NHS Foundation Trust

Diana Princess of Wales Hospital
Scartho Road
Grimsby
DN33 2BA

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX

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