

Faecal Occult Blood Sample Collection Procedures

Pathology / Blood Sciences

Path Links

United Lincolnshire Hospitals NHS 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 faeces 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 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. 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.

Information for patients and visitors

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:

Boston Tel. 01205 446386 Reception 0900-1730 (Mon-Fri)

Grantham Tel. 01476 565232 Ext 4706 Reception 0830-1700 (Mon-Fri)

Lincoln Tel. 01522 573754 Reception 0800-1700 (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:

For Pilgrim Hospital

You can contact the Patient Advice and Liaison Service (PALS) on (01205) 446243 or at the PALS office which is located in the main entrance.

For Grantham Hospital

You can contact the Patient Advice and Liaison Service (PALS) on (01476) 464861 or at the PALS office which situated adjacent to Ward 6.



Information for patients and visitors

For Lincoln County Hospital

You can contact the Patient Advice and Liaison Service (PALS) on (01522) 707071 or at the PALS office which is located near Main Reception.

Alternatively you can email:

nlg-tr.PALS@ulh.nhs.uk

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.

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.



Information for patients and visitors

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.

United Lincolnshire Hospitals NHS Trust

Pilgrim Hospital
Sibsey Road
Boston
PE21 9QS
01205 364801

Grantham & District Hospital
101 Manthorpe Road
Grantham
NG31 8DG
01476 464706

Lincoln County Hospital
Greetwell Road
Lincoln
LN2 5QY
01522 512512

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Author: Path Links – Pathology (ULH)

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