

Precautions

- No dietary requirements are necessary.
- Do not carry out this test if suffering from haemorrhoids.
- Do not take medication which can cause gastrointestinal bleeding e.g. aspirin, anti-inflammatories.
- Do not consume.
- If liquid comes into contact with mouth, eyes, skin, wash with plenty of water.
- Keep tubes out of reach of children.
- Do not discard liquid in tube.
- Do not add water to tube.

REMEMBER:



Store the kit away from sunlight and heat.

IMPORTANT:

Your kit will last for many months. Unopened; but after opening, complete and return for testing within 14 days. Please note that kits will not be received on weekends.

This is an important test!

- This test detects blood in your motions, an important sign of disease, particularly Colorectal Cancer
- Cancer arising in the lower part of the digestive system is known as colorectal cancer.
- The lining of the colon and rectum can sometimes give rise to clumps of cells known as polyps (also known as adenomas), which can change into a cancer over a number of years.
- Polyps and cancers can bleed invisibly. You may not be able to see the blood, but the test will detect this.
- Early detection means early treatment and better chances of cure.
- Regular colon cancer screening has been shown in research to reduce the risk of dying from colorectal cancer by 16%.

Who is at risk?

- Colorectal cancer is the most common cancer in Gibraltar, and the third leading cause of cancer deaths, with about 10 persons dying from it each year.
- Colorectal cancer is a disease of middle age and later. Both men and women are at risk of developing the disease although rectal cancer is more common in men.
- About one in 20 people will develop colorectal cancer during their lifetime.
- People with a family history of colorectal cancer have an increased risk of developing the disease.
- People who are overweight, take little exercise, and have a diet high in red meat and low in vegetables; fruits and fibre have an increased risk of developing bowel cancer.
- People who have a high consumption of alcohol.

FOR MORE INFORMATION
Microbiology

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PREVENT COLON CANCER



COLON CANCER SCREENING PROGRAMME

This leaflet explains how to use the
Faecal Occult Blood (FOB) Screening Kit.

www.gha.gi



FAECAL OCCULT BLOOD SCREENING PROGRAMME

This test detects blood in your motions, which can indicate a bowel disorder.

Your pack contains:



Plastic sleeve with specimen tubes



Labels



'EasySampler' Collection Paper

Before doing the Test

- Open your testing kit.
- There are 3 tubes for 3 separate bowel motions.
- Take out the tube marked '1' and one collection paper.
- Check that your details on the label are correct.

1 COLLECTING THE MOTION CLEANLY

- Urinate first to empty your bladder.
- Lift the toilet seat and wipe and dry off the surface of the toilet bowl.
- Follow the instructions for using the EasySampler Collection Paper in the leaflet enclosed.
- Mount the collection paper onto the clean and dry toilet bowl.
- Ensure that the paper does not touch the surface of the toilet water.
- Finally, lower the toilet seat. EasySampler is now ready for use.
- Sit normally and pass the motion on the collection paper.



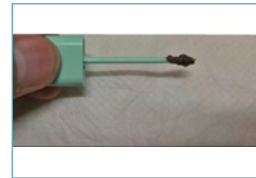
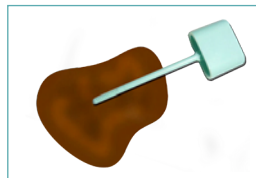
If you do not have a collection paper, other ways of collecting the motion are:

- a) using a clean bedpan/potty or clean disposable container
- b) sitting on the WC facing the wrong way
- c) on folded pieces of toilet paper

NEVER TAKE THE SAMPLE DIRECTLY FROM THE TOILET BOWL OR TOILET WATER AS THIS COULD AFFECT THE TEST RESULT.

2 TAKING THE SAMPLE

- Remove the green top from the tube. The applicator stick has a series of grooves near the tip.
- Insert the applicator stick into **DIFFERENT PARTS** of the motions **6 TIMES** so that the grooves are covered. It is enough just to insert the stick - do not load like a spoon.



- Insert the stick back into the tube and push firmly to 'CLICK' shut.
- Loosen EasySampler collection paper from the toilet bowl and allow it to be flushed out in the toilet.

Visit www.gha.gi for an instructional video on how to use your FOB Screening Kit.

3 WHEN YOU ARE FINISHED

- Shake the tube well.
- Put the tube into the plastic bag.
- Wash your hands.
- Put the plastic bag in the fridge (not freezer).

4 COLLECTING THE SECOND AND THIRD SAMPLES

- Collect two other motions fresh on two separate days. Use the tubes marked '2' and '3' in the same way as for the first sample
- **(REMEMBER-** Do not take 2 samples from the same motion!)

CHECKLIST

- Have you checked that your details on the tube labels are correct?
- Have you put samples in all 3 tubes?
- Have you sealed the plastic sleeve containing the filled tubes?

5 DELIVERING THE SAMPLES

Deliver the plastic sleeve to the Pathology Department, Level 2, St Bernard's Hospital as soon as possible between 10am and 3pm from Monday to Friday.