

Blood in the feces (F-hHb-O, 3813)

This test is done to check if you could have a bleeding in your digestive tract.

How to prepare yourself for the test

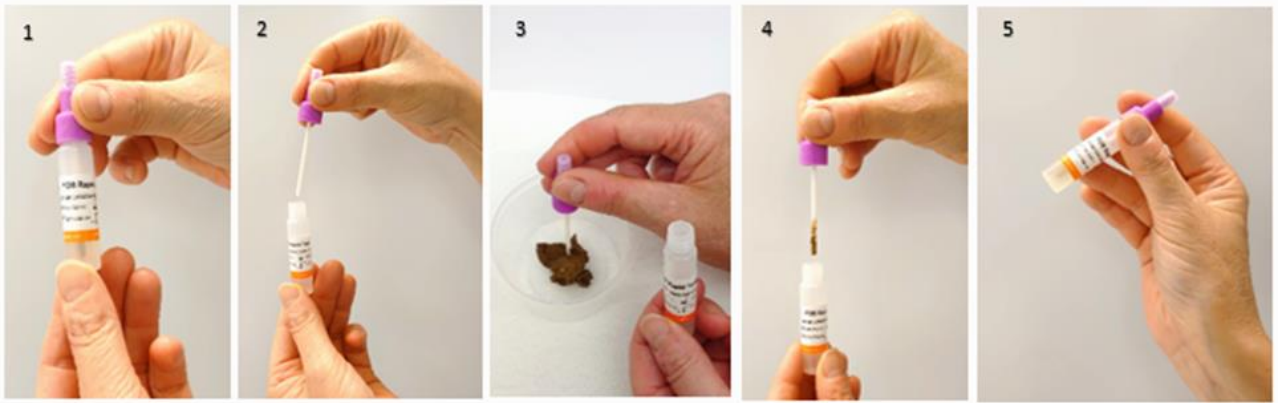
1. Your doctor will instruct you on which medicines you need to discontinue before fecal sampling.
2. No diet restrictions are needed.
3. Do not take the sample during menstruation. Take the samples after the menstrual bleeding has stopped.

Materials

1. Plastic or cardboard container
2. Test tube for fecal sample (containing a preserving agent) which you get from the laboratory
3. Plastic bag and sticker for name.

Sampling procedure

1. Defecate into the plastic or cardboard container or on toilet paper. Do not take the sample from water in the toilet bowl.
2. Keep the test tube for the fecal sample upright (Figure 1).
3. The test tube contains a liquid preserving agent. Do not pour out the liquid from the test tube.
4. **Do not open the little transparent cap which you find on top of the purple screw cap.**
5. To open the test tube, **unscrew the purple cap**. The sample collection stick comes out (Figure 2).
6. Rotate the collection stick in at least five different places of the fecal sample to be sure that feces becomes attached to the notches at the end of the collection stick (Figure 3).
7. **Please check that there is sample only in the notches of the collection stick.**
8. You may carefully wipe extra feces from the collection stick onto toilet paper.
9. Insert the stick back into the test tube and **screw the cork tight** (Figure 4).
10. Shake the test tube containing the fecal sample vigorously a few times (Figure 5).



11. Please be careful so that sample material does not spill onto the outside of the test tube.
12. **Write your name, social security number, sampling date and sampling time on the stickers that came with the materials from the lab.**
13. Attach the stickers to the test tubes.
14. Put the test tubes into the plastic bag.
15. Keep the test tubes preferably at refrigerator temperature. The sample test tubes may be kept at this temperature for no longer than 10 days.

Take the samples on three consecutive days (days 1–3) and process all samples the same way as described above. If you take more than **one sample on any one day, each sample must be taken from separate defecations.**

You may return all sample test tubes at the same time to the laboratory.

Please contact the department or outpatient clinic if you have questions regarding the sampling procedure for this examination.

You may ask for the result of this examination at the hospital unit where you are being treated.

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