

## Blood in faeces (F-hHb, 6455)

This test is done to check, whether you have bleeding in your digestive tract.

### How to prepare yourself for the test

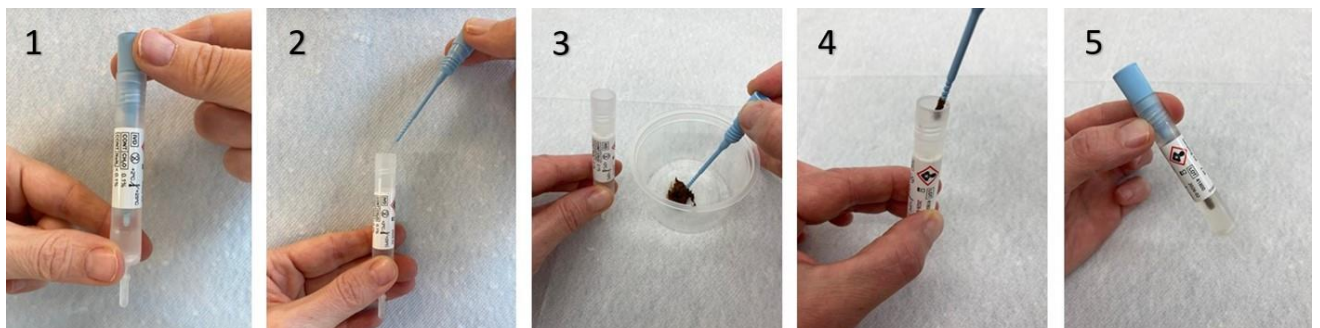
1. Your doctor will instruct you, if you need to discontinue some medications before faecal sampling.
2. No diet restrictions are required.
3. Do not take the sample during menstruation. Take the samples after the menstrual bleeding has stopped.

### Materials provided by laboratory

1. A test tube for faecal sample (containing preserving liquid).
2. A plastic bag and a sticker for name.

### Sampling procedure

1. Defecate into a clean 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. If the liquid comes in contact with skin wash with plenty of soap and water.
4. **Do not open the little transparent cap on the end of the test tube.**
5. To open the test tube, **unscrew the light blue cap**. The sample collection stick comes out (Figure 2).
6. Rotate the collection stick in at least three 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 faeces only in the notches of the collection stick**, not in the smooth part of the stick.
8. You may carefully wipe extra faeces from the collection stick onto toilet paper.
9. Insert the stick back into the test tube and **screw the cork tight** (Figure 4 and 5).



10. If there is sample material outside the tube, please wipe it away.
11. **Write your name, social security number, sampling date and sampling time on the sticker, which you can find in the attached materials.**
12. Attach the sticker to the test tube.
13. Put the test tube into the plastic bag.

14. Keep the test tube at refrigerator temperature. The sample tubes may be kept at this temperature for maximum of 4 days.

If you are advised to take several samples (during 1-3 days) 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.

Reviewed 28.4.2025 ALP