

Test for blood in stools

Occult blood in stools

Objective of the examination

Blood in the stools is a relatively common symptom, which can have many different causes. Blood in stools is not always visible.

Blood in stools can be a sign of serious disorder in the intestinal tract and a test for blood in stools may be part of screening for colon cancer.

Preparation

Before the examination, we recommend that you read this brochure carefully,

You may eat and drink normally, and take regular medication.

For women: You should not take a stools sample during a menstrual period.

The examination

Next time you have your bowels open, take a stools sample. **You must take the sample not later than 3 weeks from receiving these instructions.**

- You can use the "EasySampler" to pick stools up.
- The sample kit contains a small stick with a turquoise lid. Put the lower part of the stick into the stool and turn the stick a few times so the stick will collect a small sample. Put the stick back into the small container and make sure it is closed as it contains liquid
- After collecting the sample you must attach the barcode (see picture)
- Stools must not be mixed with urine or water from the closet



After the examination

Labelling

Write the date on the **pink requisition sheet**. Affix the bar code to the inner, transparent test tube. Place the transparent test tube inside the light postage tube.

Storage

Keep the sample cool until you post it.

Postage

Put the sample and the **pink requisition note** into the pre-printed envelope (supplied). Send the sample **the same day** as you take it and not later than Wednesday to ensure that the laboratory receives it before the weekend.

Attention: Please do not put the envelope (the sample) in a regular mailbox. It needs to be submitted to a post office and sent as a quick letter so that we will receive it the next day.

Test results and follow-up/ treatment plan

If the results are negative (i.e. no blood is found in your stools), the results will be sent to you in writing as part of the health report.

If the results are positive (blood is found in your stools), we will call you to recommend further tests, i.e. an examination of your lower intestine (colon) called a colonoscopy.