



### Check that you have:

- 1)  Labeled each card with your first name, last name, date of birth, address, sample collection date, phone number and physician's name

OR

- Placed the label provided by the lab on the front cover of the card
- 2)  Smearred a small, thin sample of stool in all three test cards over three different days

## Congratulations!

You have taken a positive step towards staying healthy. If any blood is found in your stool, your healthcare provider will follow-up with more testing.

## About the Alberta Colorectal Cancer Screening Program

The Alberta Colorectal Cancer Screening Program (ACRCSP) is coordinated by Alberta Health Services in partnership with healthcare providers. The ACRCSP mails abnormal home stool test results to men and women 50 to 74. The program operates in some parts of Alberta and will expand throughout the province in the near future. Visit [screeningforlife.ca](http://screeningforlife.ca) to find out whether the ACRCSP sends letters in your area.

To get letters from the ACRCSP your name and address must be up to date with Alberta Health and Wellness; call 310-0000 (toll free) then dial 780-427-1432.

Screening is one of the best things you can do for yourself to prevent and find colorectal cancer early. Breast, cervical, and colorectal cancer screening saves lives.

For more information regarding letters or the program, please contact Cancer Screening Programs  
Phone 1-866-727-3926  
Fax 1-888-944-3388  
[screeningforlife.ca](http://screeningforlife.ca)

For questions and more information regarding the home stool test instructions or labs in your area, please contact Health Link Alberta  
1-866-408-LINK (5465)

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SCREENING  
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# COLORECTAL CANCER SCREENING

## Home Stool Test Instructions



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## What is a home stool test?

A home stool test is also known as a Fecal Occult Blood Test (FOBT). It is a test to find blood in the stool that is invisible. It is done at home using test cards with small samples of stools smeared onto the cards.

## Where do I get a home stool test kit?

Your doctor or healthcare provider may give you the home stool test to take home. Or they may give you a form to pick up the test cards from the lab. Once you are finished with the test cards, they are returned to the lab to be examined.

## How do I use a home stool test?

Please read all the instructions **before** collecting your stool samples.

- Collect stool samples on **three different days**
- Do not collect samples if blood is visible in your stool or urine (i.e., menstruation, bleeding hemorrhoids, urinary tract infection)
- **Protect test kit** from heat, light, and chemicals (i.e., household cleaners, iodine, ammonia, bleach)
- Some labs require all test cards to be completed and returned to the lab within a specific number of days after the first test card is finished. Please check with your lab for details

## Are there any diet restrictions when doing the home stool test?

No, there are no diet restrictions except Vitamin C. Recent studies show that the diet does not change the home stool test result. However, Vitamin C will affect the test result.



## Important

Stop taking all supplements containing Vitamin C for three days before and during the stool testing days. Vitamin C can cause inaccurate test results.

## How do I collect a stool sample?

1. Open the cover of the test card (the side that has your name and information) to show the two inner boxes. **Do not open the back of the card** (this is for the lab to use). Have one wooden stick and a small garbage bag ready.
2. To collect a stool sample:
  - a) Place plastic wrap or newspaper underneath the toilet seat, but hanging over the water in the toilet. **Do not** let water touch the stool sample.



OR

- b) Use a clean and dry disposable container (i.e., plastic bucket, paper plate).
3. Have a bowel movement and clean yourself as necessary. Dispose of the toilet paper in the garbage bag.

4. Using one wooden stick from the test kit, take a small piece of stool (i.e., smaller than a pea). Make a very **thin** smear within the borders of window A on the test card.



5. Using the same wooden stick, collect another small sample from a different area of the stool. Make a very **thin** smear within the border of window B on the test card.



6. Throw away the wooden stick and other garbage in the garbage bag.
7. When the samples are dry, close the cover on the test card. Put the tab of the cover under the tab holder.
8. Repeat steps 1 to 7 for all remaining test cards with different stool samples on different days.
9. Return the completed test cards to the lab. Some labs require all test cards to be completed and returned within a specific number of days after the first test card is finished. Please check with your lab for details.