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Faecal Occult Blood Test (FOBT) Instructions

What is a Faecal Occult Blood Test?

Faecal occult blood (FOB) means the loss of microscopic amounts of blood into the stool, which cannot be seen. In other words, the stool looks completely normal. This sign of blood loss from the gut suggests the possible presence of either a cancer or large polyp. FOB testing each year is a way of early detection of either polyps or cancers higher in the bowel. It is a simple, cheap, and straightforward test, with virtually no risks and there are large trials demonstrating that it reduces the risk of patients dying from bowel cancer.

The kit you have been given should be self-explanatory. Please read the instructions carefully and complete the test exactly as described. Please complete Mr Raymond's details under the Doctor's details section so that a copy of the test result will be sent both to yourself and to me.

After completing the test, what next?

You should receive a copy of the test result within 3 weeks via post. **If the test result is positive or if you have not received the result within three weeks, you should contact my rooms immediately.** Please do not rely upon us contacting you.

What if the result is negative?

If the result is negative, you will receive a kit from the ColoVantage company each twelve months. It is your responsibility to contact our rooms if you have not received the kit one year after your last test. Hence, you should keep a

check on this in your own diary. If, for any reason, there has been a delay in receiving the kit, please contact us directly. In addition, if in the time between tests or colonoscopies you notice the presence of blood in the stool or you have an unexplained constipation, diarrhoea or change in bowel habit, abdominal pain or weight loss, again, you should contact either your GP or myself immediately.

This test is not 100% protective – every test has a small error rate. If you have symptoms, these should be investigated.

If the test is positive?

If the test result is positive, this does not mean that you have cancer. The majority of cases where the test result is positive do not have a cancer. However, you will quite clearly require further investigation if the test result is positive. Generally, this will involve gastroscopy and colonoscopy. Please call us and either you can have these performed with or without prior consultation.

What is the cost?

There is a cost payable to the test kit company (~\$42). There is a Medicare rebate (~\$30) that can be claimed—please send the request form with the kit.

If you have further questions, please make an appointment on 03 8376 6429, email at info@crsurgery.com.au or refer to my website above. You can also contact the company whose details are in the kit.