

Appendix A

Sampling Instructions

Do not open the FOBT card until you are ready to sample.



EXAMPLE: OUTSIDE OF FOBT CARD

EXAMPLE: INSIDE OF FOBT CARD

1. Once you have completed bowel movement, wipe yourself with a toilet paper.
DO NOT USE THE FOBT CARD TO WIPE.
2. Open the red-capped tube, then rub both swab tips on the fecal specimen from the toilet paper. Collect a large amount, saturating as much fecal specimen as you can. The below image shows an ideal amount on the swab.



DIFFICULTY WITH OBTAINING FECAL SPECIMENS: If your stools are hard and you are unable to get a sample with toilet paper, use the “catch and release” method using 2-4 paper towels. Rub both sides of the cotton swabs on the stool to get a heavy smear.

3. On the inside of the FOBT card: Smear as much fecal material to box "A". Using the same swab, smear as much fecal material to the box "B".

The picture on the left shows a properly smeared FOBT card, while the picture on the right shows an improperly smeared FOBT card.



EXAMPLE OF A GOOD FOBT CARD



EXAMPLE OF A BAD FOBT CARD

4. Seal the card by inserting the front tab into the green flap.
5. Record the sample time and date above the barcode on the outside of the card.
6. Dispose of the red-capped tube. Place the FOBT card and silica gel pack into the provided resealable bag.
7. Reseal the bag and place it into the prepaid and pre-addressed return envelope provided.
8. Seal the return envelope and send it back through regular mail.



EXAMPLE: An FOBT card and silica gel pack sealed, ready to be sent back in the return envelope!