

FOBT TIPS

General Guidelines:

- Get samples collected from bowel movements collected from three consecutive days.
- Do not collect sample if blood is visible in your stool or urine (e.g. menstruation, active hemorrhoids, urinary tract infection). Contact your doctor.
- Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.
- Use the collection tissue provided or any other clean dry container to collect specimen before contact with the toilet bowl water.
- Protect from heat, light and volatile chemicals – DO NOT refrigerate.
- Do NOT place any slide with stool in any moisture proof materials such as plastic bags.
- Return completed slide to doctor or laboratory no later than 14 days after 1st sample collected.

Drug Guidelines

- 7 days before and during collection avoid non-steroid anti-inflammatory drugs such as ibuprofen (Motrin), naproxen and aspirin (more than 1 aspirin a day).
- 3 days before and during collection avoid Vitamin C in excess of 250 mg a day.
 - This 250 mg includes total amount of Vitamin C supplements in all dietary intake
- Acetaminophen (Tylenol) can be taken as needed.

Diet Guidelines

- 3 days before and during collection avoid red meats (beef, lamb and liver).
 - Suggest substituting with pork, chicken or fish
- Eat a well-balanced diet including fiber such as bran cereals, fruits and vegetables.
 - Remember not to exceed 250 mg of total Vitamin C per day with fruits, vegetables and dietary supplements
 - 100% of RDA daily requirement for vitamin C is 60 mg
 - Some iron supplements contain Vitamin C in excess of 250 mg

Additional Questions

- Contact your physician
- Contact the Nebraska Colon Cancer Program 1 800 532 2227 or visit our website www.dhhs.ne.gov/CRC
- For additional information on colorectal cancer go to: www.dhhs.ne.gov/CRC