Fecal Occult Blood Test (FOBT)

Patient Checklist

- **Congratulations!**
  - By taking an FOBT, you are helping to protect yourself against colorectal cancer (CRC), which is preventable, treatable and beatable!

- **What Is A Fecal Occult Blood Test (FOBT)?**
  - Checks for blood in fecal material (patient stools)
  - Early indication of gastrointestinal (GI) bleeding, polyps or colorectal cancer (CRC)

- **Importance Of Colorectal Cancer (CRC) Screening**
  - American Cancer Society recommends CRC screening for people 50 and older
  - Nearly 147,000 new cases of CRC are diagnosed each year
  - Almost 50,000 deaths occur each year from colorectal cancer and is the 3rd leading cause of cancer-related deaths in the U.S.
  - Only 50% of the adults in the U.S. 50 and older have been screened for CRC
  - The National Cancer Institute estimates that if the percentage of adults 50 years of age and older who are up to date with recommended CRC screening were to increase from the current 50% to 90%, approximately 14,000 lives would be saved each year

- **Do It Even If You Are Feeling Fine**
  - Colorectal cancer is a slow growing disease (6 – 10 years) that typically starts as a non-cancerous polyp
  - Frequently there are no symptoms or discomfort from polyps or early tumors
  - Up to 90% of cancer related deaths can be prevented if caught early

- **Start Date Of Test**

  * Write the COLLECTION DATE on the front flap of the Collection Card. The laboratory cannot process your sample without the collection date.
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☐ Medication And Vitamin Restrictions
  • With an immunochemical FOBT (iFOBT) such as Hemoccult ICT, there are no drug or vitamin restrictions for the patient to observe prior to and while taking an iFOBT

☐ Dietary Restrictions
  • There are no dietary restrictions to observe prior to and while taking an (iFOBT) such as Hemoccult ICT

☐ Importance Of Multiple-Sample Stool Collection Method
  • Polyps and cancers do not bleed every day
  • Blood may not appear throughout entire stool sample
  • American Cancer Society recommends multiple-sample collection method for FOBT as CRC screening method

☐ Review Procedure
  • Just 5 minutes a day for sample collection – a small investment of time for your peace of mind and wellness
  • Write name and date on collection cards
  • Preparation of collection device
    – plastic wrap & tissue
  • Sample collection
  • Mailing/return process
  • Return card even if only 1 or 2 samples are collected

Do you agree to perform the immunochemical fecal occult blood test?  YES____  NO____

Patient Signature ____________________________________________
Printed Name (First and Last) _________________________________
Patient ID# if applicable _______________________________________

If you have not completed or returned the test within 10 days our office would like to send you a quick reminder. What is the best way to get in touch with you?

☐ Email:  Email Address ____________________________
☐ Post card:  Home Address  
  Street ____________________________
  Zip ____________

☐ Phone:  Phone ________________________________