Cleveland Clinic

Self-Collected Immunochemical Fecal Occult Blood Test (IFOBT) Instructions

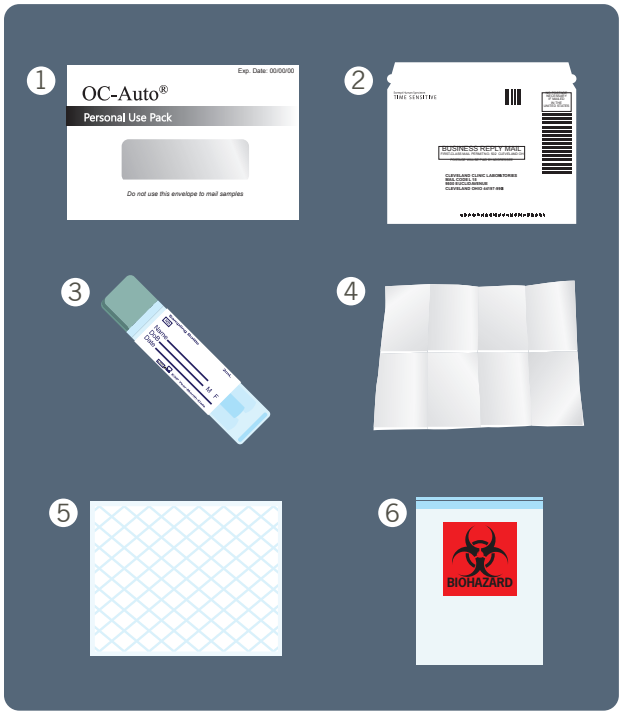
Scan QR Code for a video instruction guide.

Read all instructions before using your kit and follow them carefully.

If you do not use this kit as directed, incorrect results may occur. A Immunochemical Fecal Occult Blood Test (IFOBT) checks for hidden blood in a stool sample. It's a simple and quick test that can be collected at home. Please consult your health care provider if you have any questions.

Review the materials in your kit.

1) Outer envelope
2) Return mailer
3) Sample bottle
4) Stool collection paper
5) Absorbent pad
6) Biohazard bag



Step 1



Check the expiration date of your kit located in the upper right-hand corner of the outer envelope. If your kit is expired, do not move forward with collection. Call Laboratory Customer Service at 216.444.5755 for directions to your nearest lab to obtain a new kit. If your kit is not expired, open it and confirm you have all materials needed for collection.

Step 2



Write the Collection Date on return mailer.

On the back side of the return mailer, use a ballpoint pen to write the date you collected your stool on the Collection Date line.

Step 3



Label your sample bottle.

If your sample bottle came pre-labeled, confirm that your full name and date of birth is correct. If incorrect, contact Laboratory Customer Service at 216.444.5755 for directions to your nearest lab for correction.

If your sample did not come pre-labeled, use a ballpoint pen to print your full first and last name, and date of birth (DoB) on the sample bottle.

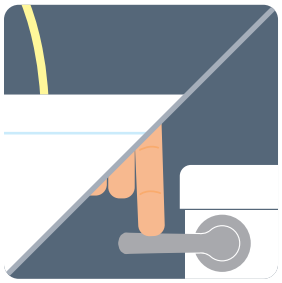
Write collection date (Date) on the sample bottle.

Continue on reverse side.

Self-Collected Immunochemical Fecal Occult Blood Test (IFOBT) Instructions (continued)

Step 4

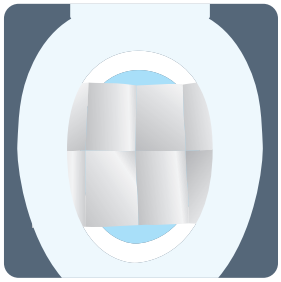
Pee and then flush.



Step 5

Prepare for stool collection.

Place the stool collection paper or hat underneath your toilet seat.



Step 6

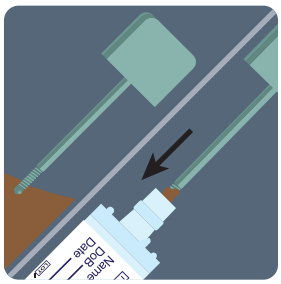
Empty your bowels.

Make sure your stool lands on the collection paper or within the stool collection hat. **DO NOT** collect stool submerged in toilet water or contaminated with urine.



Step 7

Collect your sample.

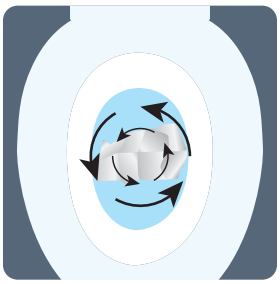


Twist and lift the green cap of your sample bottle. Use the sample collection wand to scrape the surface of your stool sample. Use only enough stool to cover the tip of the collection wand.

Close the sample bottle by inserting the sample collection wand and snapping the green cap on tightly. **DO NOT** reopen the sample bottle.

Step 8

Clean up.



Flush the stool collection paper and any remaining stool down the toilet. Stool collection paper is biodegradable and septic system safe. If a stool collection hat is used, dispose of the hat in a waste container. Wash and dry your hands.

Step 9

Package the sample bottle.



Wrap sample bottle in absorbent pad. Place the wrapped sample bottle in the biohazard bag, then seal it closed. Place the sealed biohazard bag into the return mailer.

Step 10

Seal and return your kit to the laboratory.



Close the return mailer by peeling back the tape and folding the flap over the pre-fold line. Press the flap to firmly seal. Mail (no postage needed) or physically return kit to the laboratory **within 24 hours of sample collection**.

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