

# FOBT Testing

Fecal Occult Blood Test

## Colon Cancer Screening

An “FOBT” is a test that checks my poop, to make sure that inside parts of my belly – **my colon**, or **bowel** – is healthy. I will be given a “FOBT kit” then I will take this kit home. I will use it to collect samples of my poop. It is important that I follow all the steps.



This is an FOBT kit.

I will probably need to collect 3 samples of my poop, on different days. Then, the samples will be sent to the laboratory and checked to see if they are healthy. Doing the FOBT might be a little hard, and a little messy. Some people need help to do their FOBT kit.

A person that I will ask for help is: \_\_\_\_\_.

Once I am all done my FOBT, I will celebrate a job well done! To celebrate, I am going to:

\_\_\_\_\_.



## Would I like to learn more about the FOBT?



Do I want to watch a video?

“Doing Your Test Kit at Home”: <http://www.easyhealth.org.uk/content/part-2-doing-your-test-kit-home>



Do I want to read a booklet or look at pictures?

Bowel Cancer and Bowel Screening. From NHS in England: <http://www.easyhealth.org.uk/sites/default/files/null/Bowel%20Cancer%20%26%20Bowel%20Screening.pdf>



Do I want to learn more about colon cancer screening in Ontario?

<https://www.ontario.ca/page/colorectal-cancer-screening-and-prevention>

“10 Tips”: <http://tbrhsc.net/10-tips-to-help-you-successfully-complete-your-fobt-kit/>