

# Instructions for sampling from stool / fecal matter (**iFOB**) Please read instructions thoroughly before sampling!

Confirm your name, personal identification number and date of sampling on the lable. Contact your doctor in case of misspelling.

**The stool must not come in contact with urin or the toilet water. It is highly recommended to urinate first and flush before sampling. The test must not be taken during active menstruation.**

1

**In case of diarrhea/watery stool, you should wait until your stool is more firm/less watery.**

If you have chronic diarrhea, discuss this with you doctor, as this could mean you should take a different test (Hemofec).



2

Place some newspaper or an adequate (quite a lot is needed) amount of toiletpaper in the bowl to prevent the stool from reaching the water.

After the stool is available, open the lid as shown below. Do not turn the bottle up-side down after it has been opened.

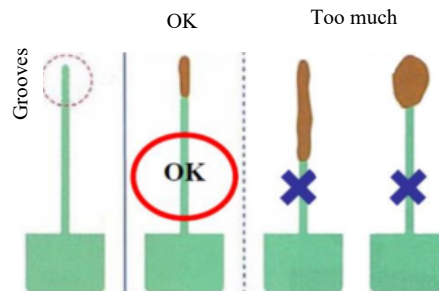


3

Place the small green rod into the stool and 'draw a cross in stool' as shown below.

All the grooves should be filled up, however they must not be 'overfilled'!

Avoid 'slime' and large seed-/fiberfragments.



4

Hold the tube tightly and insert the grooved rod into the test tube through the small hole.

**Do not insert the probe into the sampling bottle more than once.**



5

**Store the tube in a closed clean bag, and place in a normal refrigerator.**

Deliver the sample the same or next day to your doctor, or to the Laboratory Services Sample Collection Clinic at Haukeland Hospital (2<sup>nd</sup> floor of the central building).

**Unmarked or incomplete marked samples will automatically be discarded as the laboratory will not be able to confirm the identification of the patient.**

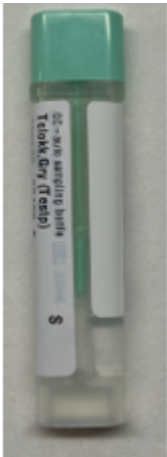


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# How to correctly mark the OC-sampling Bottle 3

1. The contents of the sample/green probe should be visible through the tube as shown in **picture 1**.
2. Place the lable/sticker over the existing lable with small blue writing, with the left side of the sticker close to the green lid as shown in **picture 2**. Do not place the lable too high or too low on the tube.)
3. The whole bar code must be visible in the front of the tube (**picture 3**). Also remember to write manually on the lable with a pen the date you took the fecal sample!
4. When the tube is correctly labeled, place it in the green plastic bag (**picture 4**)

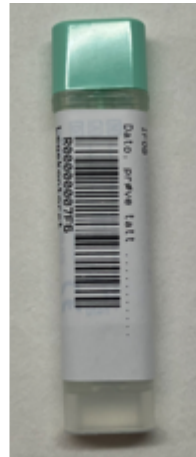
Picture 1



Picture 2



Picture 3



Picture 4



Picture 5



Please do not place the lable across horizontally as shown in picture 5 (left), or such that the barcode is only partially visible / 'over the side' as in picture 5 (right).