



FOBT Colorectal Cancer Screening Guide

Fecal Occult Blood Test

The fecal occult blood test (FOBT) is a lab test used to check stool samples for hidden (occult) blood. Occult blood in the stool may indicate colon cancer or polyps in the colon or rectum—through not all cancers or polyps bleed.

You will collect 3 samples to be examined by lab for blood.

*Must return completed FOBT within 2 weeks.
** Keep in safe place at room temperature—less than 89° F. Keep

Colorectal Cancer Risk Factors:

- Age 50-75
- Family history
- History of breast or ovarian cancer
- Inflammatory bowel disease
- Colon polyps

Signs and Symptoms of Colorectal Cancer:

- Rectal bleeding
- Unexplained weight loss
- Weakness or fatigue
- Change in diarrhea or constipation
- A feeling that your bowel does not completely empty
- persistent abdominal discomfort

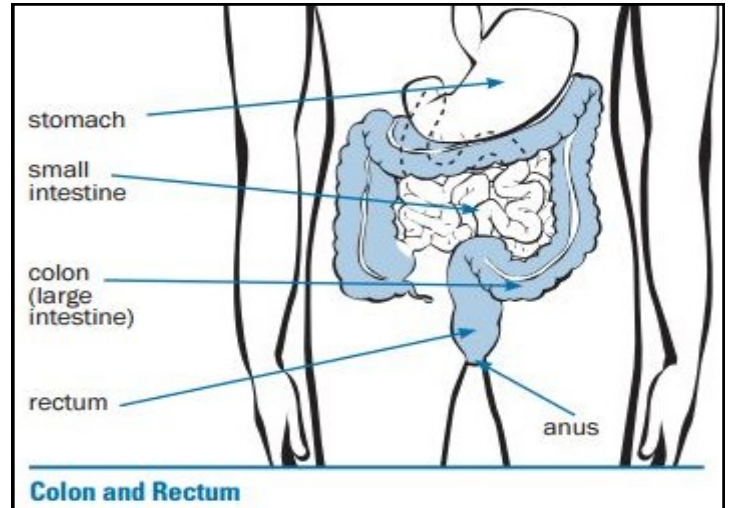


Photo source: Centers Disease and Control and Prevention

Dietary Restrictions

Consult your local laboratory.

Do Not Take the FOBT Test if:

- Have diarrhea
- On menstrual cycle

Taking the test while suffering from either of these symptoms may cause a false positive.

What to Expect from the FOBT Collection Kit:

You will receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. You will need to collect 3 samples from 3 different days. Return the test to your health care provider or laboratory.

* Fill out all 3 collection cards with the information requested, including date and time of collection.

American Indians in the Northern Plains region are affected by cancer more than American Indians in other regions and compared to whole U.S. population.

Colorectal Cancer is:

Preventable.
Treatable.
Beatable.

Great Plains Colorectal Cancer Screening Initiative

Great Plains Tribal Chairmen's Health Board

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