



## WHAT IS A STOOL BASED TEST?

A stool based test looks for "hidden" blood in the stool (poop), which may be a warning sign of polyps or colorectal cancer. This test is called **FOBT (FECAL OCCULT BLOOD TEST)** or **FIT (FECAL IMMUNOCHEMICAL TEST)**.



## WHEN SHOULD I COMPLETE AN FOBT/FIT?

All average risk men and women age 45-75, who choose to be screened FOBT/FIT, should complete this test **every year**.



## HOW TO COMPLETE AN FOBT/FIT?

There are many different types of FOBT/FIT kit. Most have the following steps:

1. **PICK-UP** an FOBT kit from your clinic.
2. **READ** instructions.
3. **WRITE** name and date on each tube or device.
4. **SET-UP** toilet to collect stool above the water.
5. **COLLECT** a small sample of stool according to kit instructions.
6. **RETURN** completed kit to clinic lab, clinic or hospital.



## FOBT RESULTS

### IF YOUR FOBT IS POSITIVE:

A positive FOBT/FIT does not always mean that you have cancer. If your test is positive it is important to have a colonoscopy as a follow-up exam.

### IF YOUR FOBT IS NEGATIVE:

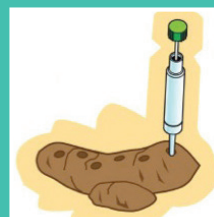
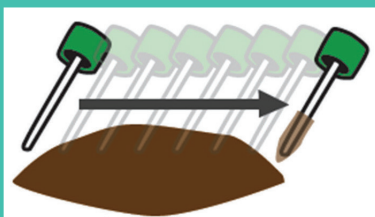
Polyyps and cancers do not bleed all of the time. Therefore, all average risk men and women age 45-75 should still complete a FOBT every year.



## HOW TO SET UP THE TOILET



## FOBT KIT EXAMPLES



## FOBT/FIT IMPORTANT TIPS

- Do not pour out or spill fluid in bottle.
- Do not remove clear dropper tip.
- Do not insert collection wand beyond grooved tip.



## PROTECT YOUR COLORECTAL HEALTH!

GET routine screening tests

KEEP tobacco sacred

KNOW your family history

LIMIT alcohol use

MAINTAIN a healthy weight

EXERCISE frequently

TALK to your health care provider



## FIND OUT MORE ABOUT COLORECTAL HEALTH

NATIONAL CANCER INSTITUTE

[www.cancer.gov](http://www.cancer.gov)

1-800-4-CANCER

AMERICAN CANCER SOCIETY

[www.cancer.org](http://www.cancer.org)

1-800-227-2345

CENTERS FOR DISEASE CONTROL  
AND PREVENTION (CDC)

[www.cdc.gov/cancer/colorectal/](http://www.cdc.gov/cancer/colorectal/)



# STOOL BASED TEST

## FOR COLORECTAL HEALTH



## COLORECTAL CANCER CAN BE PREVENTED



ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER

Albuquerque, NM

1-800-658-6717

[www.tribalcolorectalhealth.org](http://www.tribalcolorectalhealth.org)

**Protect Yourself,  
Your Family and Our Community**

[www.tribalcolorectalhealth.org](http://www.tribalcolorectalhealth.org)

This publication was supported by cooperative agreement 5U58DP002056-05 from the Centers for Disease Control and Prevention (CDC). Its contents are sole responsibility of the authors and do not necessarily represent the official view of the CDC.