

# FOBT Testing

Fecal Occult Blood Test

**A-B-C-D-F-O-B-T!**

An "FOBT" is a test that checks my poop, to make sure that the inside of my belly – **my colon**, or **bowel** – is healthy. I will be given a "FOBT kit" then I will take this kit home, and will use it to collect samples of my poop.



This is an FOBT kit.

I will probably need to collect 3 different poop samples. Then, the samples will be sent to a 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 can ask for help is:

\_\_\_\_\_.

Once I am all done my FOBT, I should give myself a reward for doing a job well done! The reward I am going to have is:

\_\_\_\_\_.



***"Doing an FOBT kit is a very good idea!"***

Would I like to learn more about FOBT?



**Do I want to watch a video?**

<http://www.easyhealth.org.uk/content/part-2-doing-your-test-kit-home>



**Do I want to read a booklet and look at pictures?**

This is from England, so some of the information is different for us in Canada.

<http://www.easyhealth.org.uk/sites/default/files/null/bowel%20screening.pdf>