



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

1-800-4-CANCER

AMERICAN CANCER SOCIETY

www.cancer.org

1-800-227-2345

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

www.cdc.gov/cancer/colorectal/



FECAL OCCULT BLOOD TESTING

FOR COLORECTAL HEALTH



ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER

Albuquerque, NM

1-800-658-6717

www.tribalcolorectalhealth.org

COLORECTAL CANCER CAN BE PREVENTED

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.

Protect Yourself, Your Family and Our Community

www.tribalcolorectalhealth.org



➤ WHAT IS FOBT?

FOBT = FECAL OCCULT BLOOD TEST

This test looks for "hidden" blood in the stool, which may be a warning sign of polyps or colorectal cancer.

➤ WHEN SHOULD I COMPLETE AN FOBT?

All average risk men and women age 50-75, who choose to be screened with high sensitivity FOBT, should complete this test **every year**.

➤ HOW TO COMPLETE AN FOBT?

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

1. **PICK-UP** an FOBT kit from your IHS or Tribal Health Facility
2. **ASK** if there are any food or medication restrictions
3. **SET-UP** toilet to collect stool above water
4. **COLLECT** a small sample of stool according to kit instructions
5. **REPEAT** up to three times, depending on which kit you use
6. **RETURN** completed kit to lab, clinic or hospital

➤ FOBT RESULTS

IF YOUR FOBT IS POSITIVE:

A positive FOBT does not always mean that you have cancer.

IF YOUR FOBT IS NEGATIVE:

- Polyps and cancers do not bleed all of the time
- Therefore all average risk men and women age 50-75 should still complete a FOBT every year

NOTE: If your test is positive it is important to have a colonoscopy as a follow-up exam!



➤ HOW TO SET UP THE TOILET



➤ FOBT KIT EXAMPLES



SOME NEWER FOBT KITS ARE CALLED FIT
FIT = FECAL IMMUNOCHEMICAL TEST