

Faecal Occult Blood Testing

糞便潛血測試



Gleneagles Hospital

HONG KONG

港怡醫院

Sample Collection for Faecal Occult Blood Testing 糞便潛血測試樣本採集方法

Step 1 步驟1

Place patient's HIS Label onto the specimen plastic bag
在採集卡袋上貼上病人的 HIS 標籤

Step 2 步驟2

Flip open the FOBT card
打開測試卡

Step 3 步驟3

Collect a small amount of stool sample using the applicator. Apply a thin smear of stool covering Box A. Use the applicator to obtain a second sample from a different part of the stool and apply a thin smear of stool covering Box B.

用木棒取得少量糞便，均衡地塗薄薄的一層於A長方格上，再從另一個不同的糞便位置上取少量糞便均衡地塗薄薄的一層於B長方格上。

Step 4 步驟4

Close the card. Mark the sample collection date on the card. Return completed FOBT cards to the Sample Collection Centre within seven days after the first sample collection. Store the FOBT cards at room temperature (15-30°C) and avoid heat and light.

蓋好測試卡。在卡上記下樣本採集日期。於七天內（由第一個樣本計起），將已採集樣本的採集卡交回樣本收集部。期間需儲存於陰涼處（15-30°C），並防止光線直接照射。

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



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Faecal Occult Blood Testing Information (FOBT) 糞便潛血測試須知

Patient should avoid taking the following food three days before and during the stool collection period:

在採取糞便樣本三天前及留取期間，請勿進食以下食品：

- | Red meat (pork, beef, lamb) or liver
- | Vitamin C in excess of 250 mg/day, including citrus fruits, juices and vitamin C supplement.
- | 所有紅肉（包括豬肉、牛肉、羊肉或肝臟）
- | 每天劑量超過250毫克的維他命C，包括橘類水果、果汁、和維他命C補充劑

Patient should avoid taking the following drugs according to your doctor's advice, seven days before and during the stool collection period:

在採取樣本七天前及留取期間，請依照醫生指示避免服用以下藥物：

- | Aspirin (greater than 325mg/day), and other non-steroidal anti-inflammatory drugs (NSAIDs) e.g. ibuprofen, naproxen.
 - | Corticosteroids, Phenylbutazone, reserpine, anticoagulants, chemotherapeutic drugs and excess alcohol.
 - | 阿士匹靈（每天劑量超過325毫克），和其他非類固醇抗發炎藥物，例如：布洛芬、萘普生。
- **參考資料：有文獻提出低劑量阿士匹靈和非類固醇抗發炎藥物不會引起偽陽性結果，並可在採集糞便樣本期間服用。
- | 皮質類固醇、苯丁唑酮、利血平、抗凝血劑、抗代謝藥物、抗癌化療藥物和過量酒精。

It is recommended to eat the following food three days prior to stool sample collection and during the period of collection:

在採集樣本三天前和留取期間，建議進食以下列食品：

- | All white meat: fish or chicken
- | Vegetables and fruits
- | 所有白肉：魚肉、雞肉
- | 蔬果

It is advised to eat a well-balanced diet including fiber and cereals during the stool collection period.

在樣本採取期間，應注意均衡飲食，多吃含豐富纖維食物（例如：穀物）

Remain fasting during the whole procedure of stool sample collection until all samples are collected, to avoid affecting the medical report.

整個採集樣本過程中，仍然需要戒口，直至完成採集所有樣本，避免影響化驗報告。

Samples should be taken for three consecutive bowel motions from three different days, and should be applied to three FOBT cards separately.

樣本應取自連續三次不同日子的糞便。三天的樣本必須分別塗於三張「糞便潛血樣本採集卡」上。

Do not collect sample if blood is visible in the stool or urine (e.g. during menstruation, active haemorrhoids, urinary tract infection, diarrhoea).

在月經期間，或在痔瘡流血，尿道炎和腹瀉時，不宜採集樣本。

To avoid false results, ensure there are no toilet cleaner or bleach in the toilet tank and flush twice before proceeding if stool sample is to be collected directly from the toilet bowl. If there are any toilet cleaner or bleach in the bowl, the toilet bowl should be cleaned with water at least twice before proceeding and sample collection.

樣本可直接從廁盆中採集，但沖廁用水不可含有漂白水或任何清潔劑成份，並應於排便前先沖水兩次，否則會影響測試結果。如果沖廁用水含有漂白水或任何清潔劑成份，必須用清水洗滌廁最少兩次，方可排便於廁盆內，並採集樣本。

Store the FOBT cards at room temperature (15-30°C) both before and after sample application.

Do not refrigerate or freeze and avoid heat and light. Do not use after the expiration date stated on each FOBT card. Please return the cards to the Sample Collection Centre within seven days after the first sample collection.

「糞便潛血樣本採集卡」不論是採集樣本前或後都必須儲存於陰涼處（15-30°C），不可冷藏或儲於冰格內，並防止光線直接照射。每張採集卡背面都印有「有效日期」，請勿使用已過期的採集卡。請於七天內（由第一個樣本計起），將已採集樣本的採集卡交回樣本收集部。

Recommended Diet 建議進食下列食品

