

**“Why am I sending stool to my doctor?”**

These cards are the way doctors perform what is called the Fecal Occult Blood Test (FOBT, for short). This can detect blood in your stool.

**“I can tell the difference between blood and stool, so can’t I just look at my stool to see if there’s any blood in it?”**

Actually these cards can detect amounts of blood much smaller than you would be able to see. It is important because blood in the stool may be an early sign that something’s not right.

**“Like what?”**

Well, hemorrhoids can bleed and so can an ulcer, which is a sore in the lining of your gut.

Blood in your stool can also be an early sign of Colon Cancer. In fact, this is one of the easiest, most inexpensive, and most effective ways to detect Colon Cancer.

**“Why should I worry about Color Cancer?”**

You don’t have to worry, but you should take steps to help you protect yourself from Colon and Rectal Cancer and

its consequences, the most severe of which is death! In fact, Color Cancer is the number two cancer killer in the United States, second only to lung cancer.

**“OK, if it’s so bad...Why do I want to know if I have Colon Cancer?”**

Because if you catch it early, it can be treated and even cured! One way to catch it early is with these stool cards. In fact, you can detect Colon Cancer with these stool cards not only when it’s small, but even before its cancer.

**“You mean my stool can predict the future?”**

Well, not exactly, but it can detect some polyps (little growths in your colon that may turn into cancer). So we may be able to remove these polyps and prevent cancer from ever even starting!

**“OK, it sounds like a good thing to do, but I’m worried about those popsicle sticks. What are they for again?”**

Nothing uncomfortable, trust us... We just need you to place a little bit of stool from three bowel movements in a row on the three separate stool cards. We include three popsicle sticks to help you take some stool from the toilet paper and place it on the cards. Your doctor or nurse will show you how. It takes just a minute.

**“Three bowel movements! But I only have one at a time.”**

You don’t have to stay in the bathroom or even a home, in between these three bowel movements. These don’t have to be on the same day. In fact some people may take three or four days to move their bowels three times. That’s fine, as long we get a sample from three bowel movements in a row.

**“So if you find blood in my stool, what do I have to do next?”**

If your stool cards have blood on them, your doctor will most likely have you make an appointment to see specialist. This doctor will want to take a closer look at your colon to determine where the blood is coming from.

**“How do I know if I should be doing these stool cards?”**

If you are over fifty years old, you probably should be doing this every year. Even if you are younger than fifty years old, this may be recommended for you.

Call us or, better yet, come see us, and we will be happy to talk to you about this privately. This will only take a few minutes and doing the test will be even quicker.

**It could save your life!**

**So  
Remember...**

**Don't be a  
Fool.**

**Send Us  
Your Stool!!!**

**Your health is  
important!!!**



**Sponsored by  
IHS Colorectal Cancer  
Screening Initiative**

**Developed by Glenn Stalgren**

**“My Doctor  
Wants Me  
to do  
WHAT!?!”**



This may be your first response when you hear how you can be screened for Colon and Rectal Cancer. If you're over FIFTY years old, your doctor may ask you to take an envelope home with you. This envelope contains three popsicle sticks, a sheet of directions, and three stool cards.

**“STOOL Cards?”**

That's right...little cards about the size of credit card on which we want you to stool. Then we want you to put the three cards back in the envelope and mail them back to us.