



# Colorectal Cancer Screening Pilot Programme



Please read instructions carefully before collecting and returning samples.

To view the video on specimen collection, or find the updated list of Specimen Collection Points, please visit [www.ColonScreen.gov.hk](http://www.ColonScreen.gov.hk).

## Note

### Before specimen collection

- Store the Faecal Occult Blood Test (FOBT) tubes in a cool place.
- Take note of the opening hours of the Specimen Collection Points. In general, collection of the first stool specimen can start during the weekend (unless it is a long holiday). Finish collecting two specimens within 4 days counting from the day of first specimen collection.
- Do not collect specimen when there is bleeding from piles or loose stool.

### During specimen collection

- Use one FOBT tube for each bowel movement.
- Do not tamper with or throw away liquid in the FOBT tubes.
- Do not allow stool to be in contact with urine or toilet water.

### After specimen collection

- Make sure your full name and specimen collection date are written clearly on the FOBT tubes.
- Store the FOBT tubes in a cool place.
- If you are only able to collect one specimen within 4 days, you should still return that specimen.

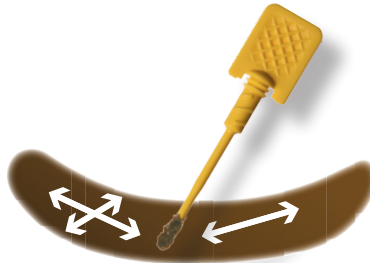


## You may collect specimens by following these steps

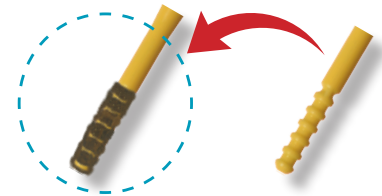
**1** Prepare a holder, such as a plastic bag, for collecting the stool. Place the holder in the toilet bowl, then open your bowels.



**2** Twist lid (yellow part) off the FOBT tube and scratch sampling probe across stool surface in all directions.



**3** Specimen will be enough when the grooved part of the sampling probe has been completely filled up. Too much or too little specimen will affect the test results.



**4** Insert the sampling probe back into the FOBT tube and screw the lid tightly.



**5** Write the **collection date** and check that **your name** is correct. Place the FOBT tube into the small blue plastic bag and seal it. Keep the specimen in a cool place.

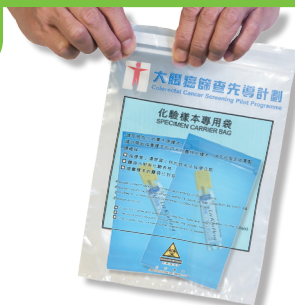


**6** Repeat steps 1 to 5 above using the second FOBT tube during your next bowel movement.



## Returning specimen

Put both small blue plastic bags, each containing one FOBT tube, into the large plastic bag with the enclosed laboratory request form. Seal the large plastic bag. Then return the specimens to a Specimen Collection Point as soon as possible.



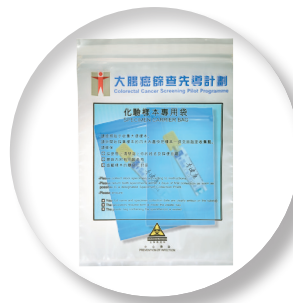
For the location and opening hours of the Specimen Collection Points, please refer to the back of this sheet or [www.ColonScreen.gov.hk](http://www.ColonScreen.gov.hk)



## Before returning the specimens

### Please ensure that:

- Your **full name** and **specimen collection date** are written clearly on each FOBT tube.
- Each FOBT tube is placed and sealed in a separate small blue plastic bag.
- FOBT tubes and laboratory request form are placed in different pockets of the large plastic bag, and that the large plastic bag is sealed.



## Opening hours of Specimen Collection Points

**Monday to Friday 9:00am to 1:00pm and 2:00pm to 5:15pm**

**Note: Closed on Saturday, Sunday and Public Holidays**

## List of Specimen Collection Points

(In order of district)

<b>Hong Kong</b>	Aberdeen Elderly Health Centre, Department of Health	LG/F, Block B, Aberdeen Jockey Club Clinic, 10 Aberdeen Reservoir Road, Aberdeen, H.K.
	Sai Ying Pun Elderly Health Centre, Department of Health	6/F, Sai Ying Pun Jockey Club Polyclinic, 134 Queen's Road West, H.K.
	Government commissioned laboratory (Sheung Wan)	Room 601, 6/F, China Insurance Group Building, 141 Des Voeux Road Central, H.K.
	Wan Chai Elderly Health Centre, Department of Health	2/F, Southorn Centre, 130 Hennessy Road, Wan Chai, H.K.
	Government commissioned laboratory (Quarry Bay)	Room 505, 5/F, Office Tower, Kornhill Plaza, Quarry Bay, H.K.
	Shau Kei Wan Elderly Health Centre, Department of Health	G/F, Shau Kei Wan Jockey Club Clinic, 8 Chai Wan Road, Shau Kei Wan, H.K.
	Chai Wan Families Clinic, Department of Health	1/F, Main Block, Pamela Youde Nethersole Eastern Hospital, 3 Lok man Road, Chai Wan, H.K.
<b>Kowloon</b>	United Christian Nethersole Jordan Health Centre	13/F, Sino Cheer Plaza, No.23 Jordan Road, Kowloon
	Yau Ma Tei Elderly Health Centre, Department of Health	1/F, Yau Ma Tei Jockey Club Polyclinic, 145 Battery Street, Yau Ma Tei, Kowloon
	Government commissioned laboratory (Mong Kok)	Room 911, Phase I Argyle Centre, 688 Nathan Road, Mongkok, Kowloon
	Nam Shan Elderly Health Centre, Department of Health	G/F, Nam Yiu House, Nam Shan Estate, Shek Kip Mei, Kowloon
	Kowloon City Elderly Health Centre, Department of Health	G/F, Lions Clubs Health Centre, 80 Hau Wong Road, Kowloon City, Kowloon
	Kowloon Families Clinic, Department of Health	6/F, Kowloon City Health Centre, 42 Bailey Street, Hung Hom, Kowloon
	Sik Sik Yuen Clinic	G/F, Unit C, Sik Sik Yuen Social Services Complex, 38 Fung Tak Road, Wong Tai Sin, Kowloon
	Education and Training Centre in Family Medicine, Department of Health	2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok, Kowloon
	United Christian Nethersole Jockey Club Wo Lok Community Health Centre	Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon
Lam Tin Woman Health Centre, Department of Health	6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin, Kowloon	
<b>New Territories</b>	Kwai Shing Elderly Health Centre, Department of Health	G/F & 1/F, Shing Wo House, Kwai Shing East Estate, Kwai Yip Street, Kwai Chung, N.T.
	Tsuen Wan Elderly Health Centre, Department of Health	G/F, Block B, Lady Trench Polyclinic, 213 Sha Tsui Road, Tsuen Wan, N.T.
	Government commissioned laboratory (Tsuen Wan)	Room 733, 7/F, Nan Fung Centre, 64-98 Sai Lau Kok Road, Tsuen Wan, N.T.
	Tai Po Elderly Health Centre, Department of Health	G/F, Wong Siu Ching Clinic, 1 Po Wu Lane, Tai Po, N.T.
	United Christian Nethersole Kwong Fuk Community Health Centre	19, G/F, Kwong Yan House, Kwong Fuk Estate, Tai Po, N.T.
	Lek Yuen Elderly Health Centre, Department of Health	3/F, Lek Yuen Health Centre, 9 Lek Yuen Street, Shatin, N.T.
	Yuen Long Elderly Health Centre, Department of Health	G/F, Madam Yung Fung Shee Health Centre, 26 Sai Ching Street, Yuen Long, N.T.
	United Christian Nethersole Jockey Club Tin Shui Wai Community Health Centre	Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, N.T.
	Tuen Mun Wu Hong Elderly Health Centre, Department of Health	1/F, Tuen Mun Wu Hong Clinic, 2 Wu Hong Street, Tuen Mun, N.T.
	Shek Wu Hui Elderly Health Centre, Department of Health	1/F, Shek Wu Hui Jockey Club Clinic, 108-130 Jockey Club Road, Sheung Shui, N.T.
	Fanling Families Clinic, Department of Health	8/F, Fanling Health Centre, 2 Pik Fung Road, Fanling, N.T.
	Tseung Kwan O Elderly Health Centre, Department of Health	G/F, Tseung Kwan O Jockey Club Clinic, 99 Po Lam Road North, Tseung Kwan O, N.T.
<b>Islands</b>	Tung Chung Elderly Health Centre, Department of Health	1/F, Block 2, Tung Chung Health Centre, 6 Fu Tung Street, Tung Chung, Lantau Island