These instructions include a step-by-step description of how to perform the self-sampling test properly.

Collect a tiny amount of stool material, using the ribbed stool sampling stick. If too much stool material is taken, the results of the test will be unusable.

Things that you need to know in advance

• You can only use the sampling tube once.
• Place the sampling tube and the reply form in the return envelope.
• The sampling tube is intended only for the individual who received the invitation for this test.
• Before use, the sampling tube should not be stored at temperatures below 2°C or above 30°C.
• You can post the sample on Mondays, Tuesdays, Wednesdays, Thursdays, and Fridays before 17:00. There are no collections between Friday evening and Sunday evening. Also, you should not post the sample just before a public holiday.
Important

- Only a tiny amount of stool material is needed to perform the test properly.
- Your stools should not come into contact with urine or water.
- You must remove only the green cap.

Collecting the sample

1. Your stool must not come into contact with urine or water in the lavatory bowl. You should therefore line the bowl with several sheets of toilet paper.

2. You can also use a wad of toilet paper.

3. Go to the toilet and make sure that your stool falls onto the paper.

4. Twist the green cap off. The cap is fitted with a small stool sampling stick, the end of which is ribbed.

5. Dip the ribbed section of the sampling stick into four different parts of your stool. No more than a tiny amount of poo should stick to the ribbed section. Too much stool makes the sampling tube unusable.
6 Only a tiny amount of stool material collected on the sampling stick is sufficient to carry out the test effectively. Please note: if too much stool material is placed in the sampling tube, it will be unusable.

7 Insert the stool sampling stick into the sampling tube, then screw the green cap back on. The sampling stick is located in the section of the sampling tube that contains liquid, this is a harmless saline solution. The liquid may become a little cloudy. This is normal.

8 Put the sampling tube in the small bag that is provided. This is the white bag with the blue border.

9 Fill in the reply form. Do not forget to specify the date on which you put the stool sample in the sampling tube. Put the bag and the reply form in the silver-coloured return envelope.

10 Store the envelope in the refrigerator until you are ready to post it.

11 The envelope containing the sampling tube and the reply form must be sent to the laboratory within 24 hours. A postage stamp is not required.
Frequently Asked Questions (FAQs)

Until what date can I use the sampling tube?
The expiry date is marked on the sampling tube (year, month).

I must post the sampling tube on Mondays, Tuesdays, Wednesdays, Thursdays or Fridays before 17:00. Why is this?
On these days, the period between posting the sampling tube and its arrival at the laboratory is as short as possible. The sooner the laboratory test can be carried out, the better. If you post the sampling tube on Friday evening, Saturday or Sunday, it will not be delivered to the laboratory until Tuesday.

I have lost the sampling tube/the sampling tube is damaged. What should I do now?
If you mislay the sampling tube or if any of the liquid has accidentally leaked out, you can request a new sampling tube. You can do this by calling the screening organisation’s Information Line.

Something went wrong. What should I do now?
Is there something wrong with the sampling tube or was there a problem with collecting the stool sample? If so, call the screening organisation’s Information Line.

Why do I need to store the sampling tube containing the stool sample in the refrigerator until I can post it?
The laboratory test is better able to detect any blood in your stools if the sample is stored at a low temperature.

Where can I obtain further details?
- There is a video clip on the website to show you the best way to place a stool sample in the sampling tube. There you can also find answers to Frequently Asked Questions.
- You can also call the screening organisation’s Information Line. Details of the phone number and the website of the screening organisation in your area are provided in the letter or at www.bevolkingsonderzoek-darmkanker.nl