

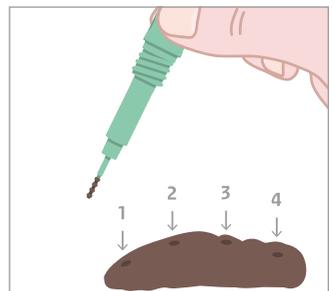
Instructions for use

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.

There are a few things you should know in advance

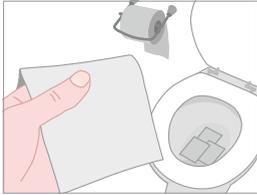
- You can only use the sampling tube once.
- Place the sampling tube and the reply form in the return envelope.
- The sampling tube is intended only for the individual who received the invitation for this test.
- Before use, the sampling tube should not be stored at temperatures below 2°C or above 30°C. You can store the tube in the refrigerator.
- It is important to limit the time the tube is in transit. You should send the envelope on a day that the mail box in your area is emptied. You should not post the sample on the weekend, or right before a public holiday.



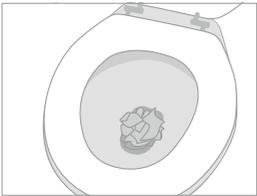
Important

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

How to carry out the test?



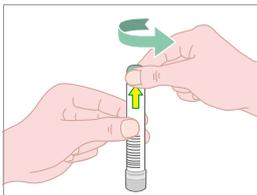
- 1 The test is best done on a Monday, Tuesdays, Wednesday or Thursday.
Important: your stool should *not* come into contact with urine or with the water in the toilet. You should, therefore, line the lavatory bowl with several sheets of toilet paper.



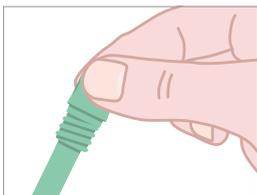
- 2 You can also use a wad of toilet paper. For more tips about how to collect a stool sample, go to www.bevolkingsonderzoekdarmkanker.nl



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



- 4 Twist the **green cap** to open the tube. Attached to the cap is a stool sampling stick with a ribbed section at its tip.



- 5 Dip the ribbed section of the stool sampling stick into four different parts of your stool. No more than a **tiny amount of stool** should stick to the ribbed section. Too much stool material makes the tube unusable.

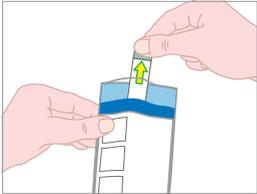


- 6 Even if only a very little stool material sticks to the stool sampling stick, this is sufficient to carry out the test effectively.

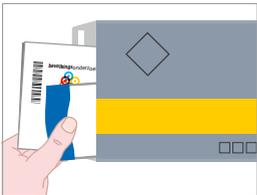
Please note: if too much stool material is placed in the tube, it will become unusable.



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



- 8 Place the tube in the small bag that is provided. This is the white bag with the blue border.



- 9 Fill in the reply form. Specify the date on which you put the stool sample in the tube. Put the bag and the reply form in the silver-coloured return envelope.



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



- 11 The return envelope containing the sample and the reply form must be posted **within 24 hours**. You do not need a stamp.

Answers to Frequently Asked Questions

Until what date can I use the tube?

The expiry date is on the tube (year, month).

I have to send the tube on a day the mailbox is emptied. Why is this?

On these days, the period between posting the sample 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 sample on Friday evening, Saturday or Sunday, it will not be delivered to the laboratory until Tuesday.

I have lost the tube/the tube is damaged. What should I do now?

If you misplace the tube or if, for example, some of the liquid has accidentally leaked out, you can request a new tube. You can do this by calling the screening organisation's Information Line.

Something went wrong. What should I do now?

Did something go wrong with the tube or do you have a problem collecting the sample? Call the screening organisation's Information Line.

Why do I need to store the 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 stool if the sample is stored at a low temperature.

Where can I obtain further details?

- A video clip on the website shows the best way to place a stool sample in the tube. This website also has answers to Frequently Asked Questions.
- Call the screening organisation's Information Line. Details of the phone number and the website of the screening organisation in your region are given in the letter or at www.bevolkingsonderzoekdarmkanker.nl.



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