

Instructions *for stool sample test*

Important information before starting

The stool sample test is intended for you only.

The stool sample test is marked with a barcode, which contains only your data. Therefore, the barcode tells us that the stool sample test is yours. The test cannot be used by someone other than yourself.

Monitor the temperature.

We recommend that you store the test before use at a temperature between 2° and 30° Celsius, for example in the refrigerator.

Check the expiry date.

The stool sample test is marked with an expiry date (year, month) showing until when you can use it.

If the expiry date has passed, you should request a new stool sample test from the screening organisation in your area. You will find the telephone number and e-mail address at the top of the invitation letter.

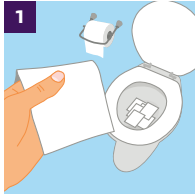
Send the stool sample test to us in the grey envelope.

It is important to limit the time the stool sample test is in transit as much as possible. You should therefore post the envelope on a Monday, Tuesday, Wednesday or Thursday or on a Friday before 5 p.m. The envelope will then be delivered on the following day. Take public holidays into account.

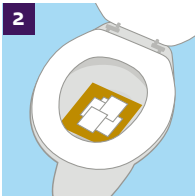
Tips for a good test

- Only a very small stool sample is needed.
- Make sure that no water or urine is mixed in with your stool sample.
- Open the stool sample test by turning the green cap.

How to do the stool sample test



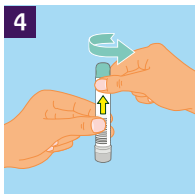
The stool sample test is best done on a Monday, Tuesday, Wednesday or Thursday. Important: make sure that no water or urine is mixed in with your stool sample. You should therefore line the lavatory bowl with several sheets of toilet paper.



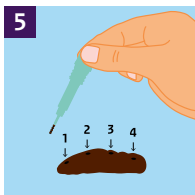
You can also place a piece of cardboard in the lavatory bowl. For more tips about how to collect a stool sample, go to www.bevolkingsonderzoekdarmkanker.nl



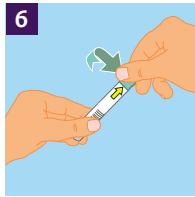
Go to the toilet and make sure that your stool falls onto the paper.



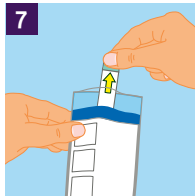
Turn the green cap off the stool sample test. Attached to the cap is a stool sampling stick with a ribbed tip.



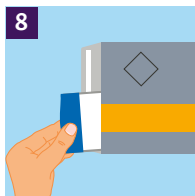
Dip the ribbed tip of the sampling stick into your stool at four different spots. **No more than a tiny amount of stool should stick to the ribbed tip.** If the stool sample is too large, it cannot be tested.



Insert the sampling stick back into the sampling container and turn the green cap until it is tightly in place again. The sampling stick will end up in the section of the container that is filled with a liquid. The liquid may become a little cloudy. That is normal.



Place the stool sample test in the white bag with the blue border.



Place the bag in the grey envelope and seal the envelope.



Place the envelope in the mailbox. If you cannot do so immediately, then store the envelope temporarily in the refrigerator.



It's important to place the envelope in the mailbox within 24 hours after taking the sample. You do not need to attach any stamps.

Something went wrong. What should I do?

Please contact the screening organisation in your region. You will find the telephone number and e-mail address at the top of the invitation letter. We will be glad to assist you further.



Manufacturer of container: Sentinel CH. SpA.
Via Robert Koch, 2
20152 - Milano - Italy
lea_1156103-4-0/02

Information in other languages

www.bevolkingsonderzoekdarmkanker.nl/vertalingen