

# Instructions for using the self-test

**bevolkingsonderzoek**

## Before you get started



Use the self-test for colorectal cancer screening on Sunday, Monday, Tuesday or Wednesday.

It is important to get the self-test to the lab quickly. Send the envelope on the same day. Remember to check if it is a holiday. You do not need a stamp.

## The self-test is only for your personal use

There is a bar code on the self-test. That is how we know the test is yours. The test cannot be used by anyone else.

If you decide not to use it, the self-test can be discarded in the bin. Paper and plastic can be sorted separately.

## Keep the test cool

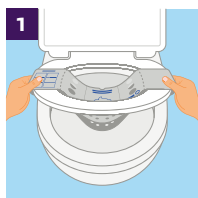
Store the test at a temperature between 2 and 30 degrees C until using it.

## How to use the self-test

Watch the video about how to use the self-test:

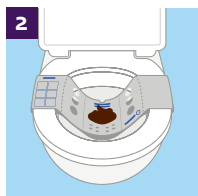
[www.bevolkingsonderzoekdarmkanker.nl](http://www.bevolkingsonderzoekdarmkanker.nl)

Or scan the QR code.

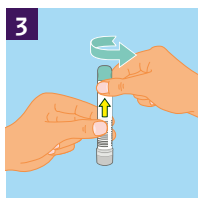


The test kit comes with a collection paper. This makes it easy for you to catch your stool (poop) for the test.

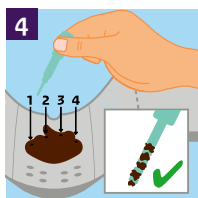
- Fold open the collection paper and slide it around the toilet seat. Position the collection paper so the drawing is in the middle.
- Make sure the collection paper is under your buttocks when you sit on the toilet seat.
- The collection paper should be hanging a bit lower than the seat.



Use the toilet and collect your stool sample on the collection paper.

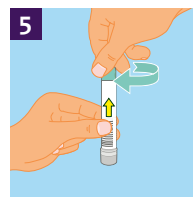


- Hold the test tube upright. There is liquid in the tube. The liquid needs to stay in the tube.
- Unscrew the green cap of the self-test. The cap has a swab with a textured tip.



Stick the textured tip about 1 cm into your stool. Do this at 4 different places in your stool, without putting the swab back into the tube in between.

**There only needs to be a small amount of stool on the textured tip.**

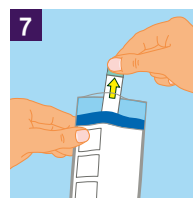


Put the swab back into the tube, then screw on the green cap right away.

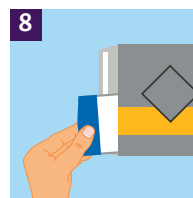


Tear off the collection paper along the dotted lines at the left and right, and flush it all down. You may need to flush twice.

The collection paper is biodegradable.



- First put the self-test into the white bag with the blue edge.
- Then remove the strip and seal the bag. You only need to put the self-test into the bag.



Put the sealed white bag into the grey envelope and seal the envelope.



Put the envelope in the letterbox on the same day.

### Any questions?

Contact the Customer Service. You will find the phone number and email address in the invitation letter. We will help you figure it out.



## Multiple languages / andere talen

This information is available in English at

Bu bilgiyi Türkçe olarak şu internet sitesinde okuyabilirsiniz

يمكنكم قراءة هذه المعلومات باللغة العربية على الموقع

Te informacje są również dostępne w języku polskim na stronie

Ви можете прочитати цю інформацію українською на веб-сайті



[www.bevolkingsonderzoekdarmkanker.nl/vertalingen](http://www.bevolkingsonderzoekdarmkanker.nl/vertalingen)

These instructions were made with help from:



Rijksinstituut voor Volksgezondheid  
en Milieu  
Ministerie van Volksgezondheid,  
Welzijn en Sport

**bevolkingsonderzoek**



**nederland**

January 2026



Fabrikant  
buisje:



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20152 - Milano - Italy