

# Instructions

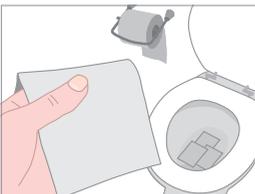
The invitation is accompanied by a sampling tube, the self-sampling test kit. You take samples at four different places in your stool. You do this using the stool sampling stick that is attached to the green cap of the self-sampling test. If just a little stool material sticks to the sampling stick, this is sufficient. The test requires very little stool material. These instructions include a step-by-step description of how to do this.

## The sampling tube

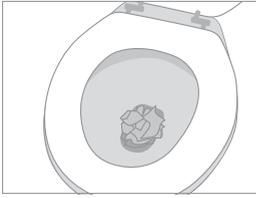
The sampling tube has a green cap at one end and a transparent cap at the other. You must remove only the green cap. **Do not twist or remove the transparent cap!** The clear liquid in the tube is a harmless saline solution which ensures that the laboratory tests can be performed properly. If the liquid escapes, the sampling tube becomes useless and you should request a replacement.



## Collecting the sample



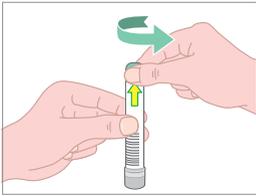
- 1 Your stool must NOT come into contact with urine or water in the lavatory bowl. You should therefore line the bowl with several sheets of toilet paper.



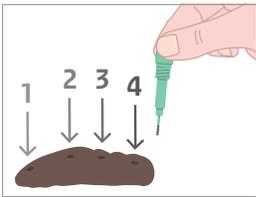
- 2 Depending on the type of lavatory you have, you may also wish to block the outlet with a large wad of folded toilet paper.



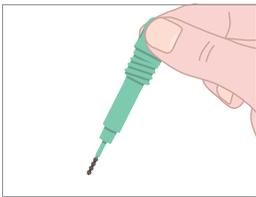
- 3 Pass a bowel movement as usual but do not flush.



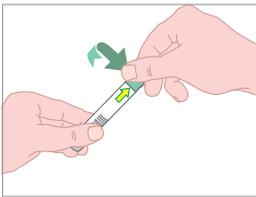
- 4 Twist the **green cap** anticlockwise to open the sampling tube. The cap is fitted with a small stool sampling stick, the end of which is ribbed.



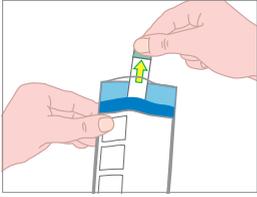
- 5 For this test, dip the ribbed section of the sampling stick into four different parts of your stool. If just a little stool material sticks to the ribbed section, this is sufficient.



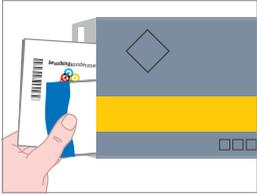
- 6 Even if only **a tiny amount** of stool material sticks to the sampling stick, it will be sufficient to carry out the test effectively. Important: if too much stool material is placed in the tube, it will become unusable.



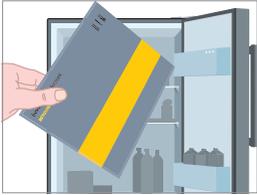
- 7 Insert the sampling stick back into the tube. Twist the green cap until it cannot be tightened any further. The sampling stick is located in the section of the tube that contains liquid. The liquid may become a little brownish. This is normal.



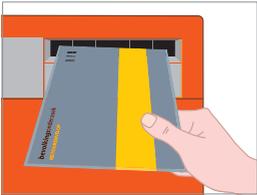
- 8 Put the sampling tube in the small bag that is provided. This is the white bag with the blue border.



- 9 Fill in the reply form. Do not forget to specify the date on which you put the stool sample in the 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 sample and the form must be sent to the laboratory **within 24 hours**. A postage stamp is not required.

## Important

- You can only use the sampling tube once.
- Place the tube and the reply form in the return envelope.
- The tube is intended only for the individual who received the invitation for this test.
- Before use, the 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.

## Frequently Asked Questions (FAQs)

### ***Until what date can I use the tube?***

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

### ***I must post the sample on Mondays, Tuesdays, Wednesdays, Thursdays or Fridays before 17:00. Why is this?***

On these days, the period between posting the 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 tube 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 mislay the 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 sample? If so, 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 stools if the sample is stored at a low temperature.

### ***Where can I obtain further details?***

Check the website for details of the best way to place a stool sample in the 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.bevolkingsonderzoekdarmkanker.nl](http://www.bevolkingsonderzoekdarmkanker.nl).



Tube manufacturer: Sentinel CH. SpA  
Via Robert Koch, 2  
20152 - Milano - Italy  
lea\_1156103-1.0/02

**This information is available in several languages at:**

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