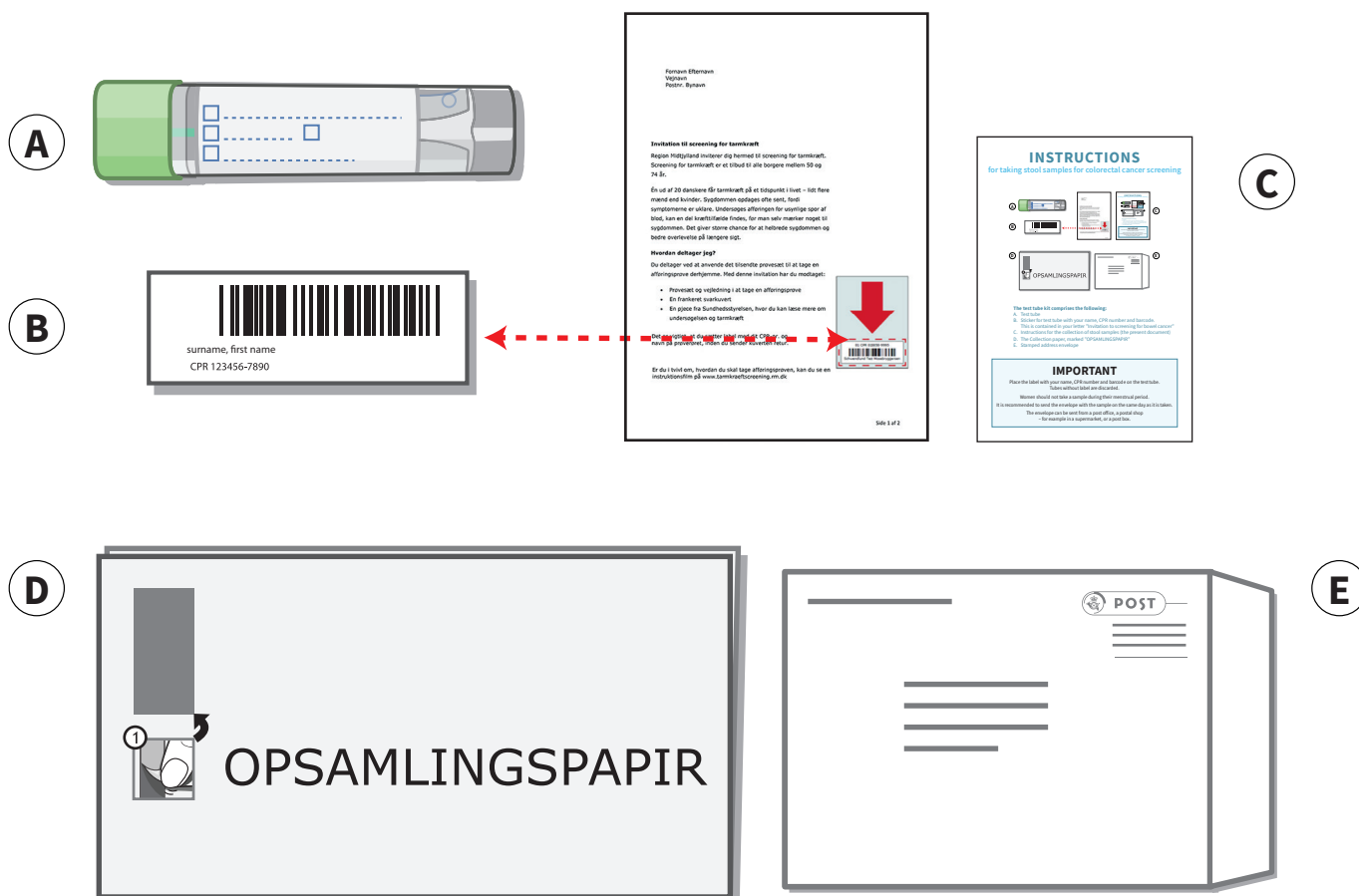


INSTRUCTIONS

for taking the stool sample for bowel cancer screening



The test tube kit comprises the following:

- A. Test tube
- B. Label for test tube with your name, CPR number and barcode.
This is enclosed in your invitation letter.
- C. Instructions (the present document)
- D. Collection paper marked "OPSAMLINGSPAPIR"
- E. Stamped return envelope

IMPORTANT

Affix the label with your name, CPR number and barcode on the test tube.

Tubes without a label will be discarded.

Women should not take a sample during their menstrual period.

1

Fornavn Efternavn
Vejnavn
Postnr., Bynavn

Invitation til screening for tarmkræft

Region Midtjylland inviterer dig hermed til screening for tarmkræft. Screening for tarmkræft er et tilbud til alle borgere mellem 50 og 74 år.

En ud af 20 danskere får tarmkræft på et tidspunkt i livet – isst flere mænd end kvinder. Sygdommen opdages ofte sent, fordi symptomerne er uklare. Undersøges afføringen for synlige spor af blod, kan en del kræfttilfælde findes, før man selv mærker noget til sygdommen. Det giver større chance for at helbrede sygdommen og bedre overlevelse på længere sigt.

Hvordan deltager jeg?

Du deltager ved at anvende det tilsendte prøvesæt til at tage en afføringsprøve derhjemme. Med denne invitation har du modtaget:

- Prøvesæt og vejledning i at tage en afføringsprøve
- En frankeret svarkuvert
- En pjeces fra Sundhedsstyrelsen, hvor du kan læse mere om undersøgelsen og tarmkræft

Det er vigtigt, at du sætter label med dit CPR-nr. og navn på prøverøret, inden du sender kuverten retur.

Er du i tvivl om, hvordan du skal tage afføringsprøven, kan du se en instruktionsfilm på www.tarmkraeftscreening.mj.dk



Side 1 af 2

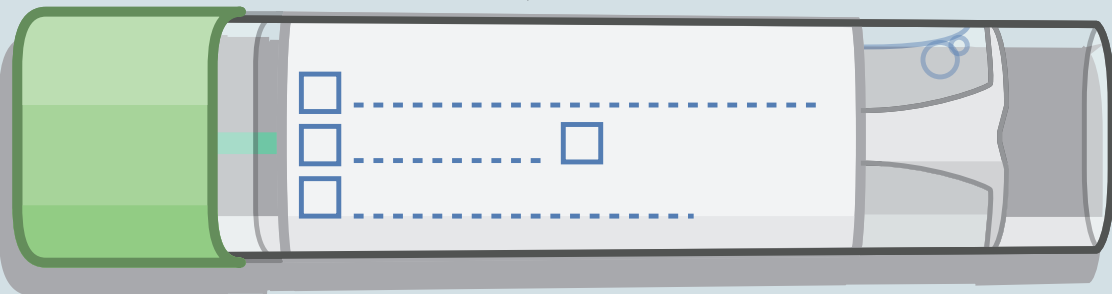


surname, first name

CPR 123456-7890

The label with your name, CPR number and barcode is enclosed in your invitation letter, below the red arrow.

2



Affix the label with your CPR number and name horizontally on the test tube.

3

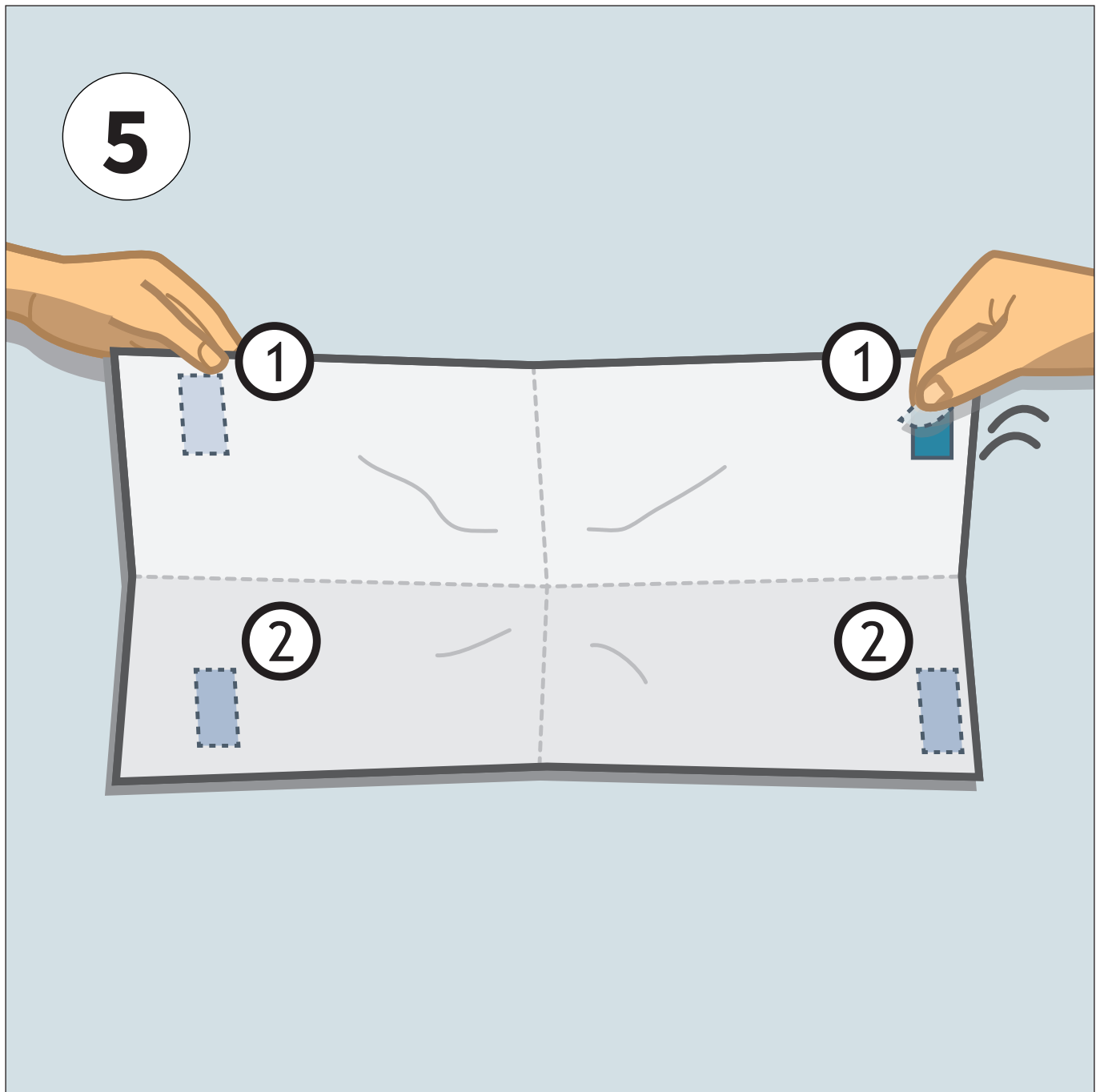


The correctly fitted label with barcode.

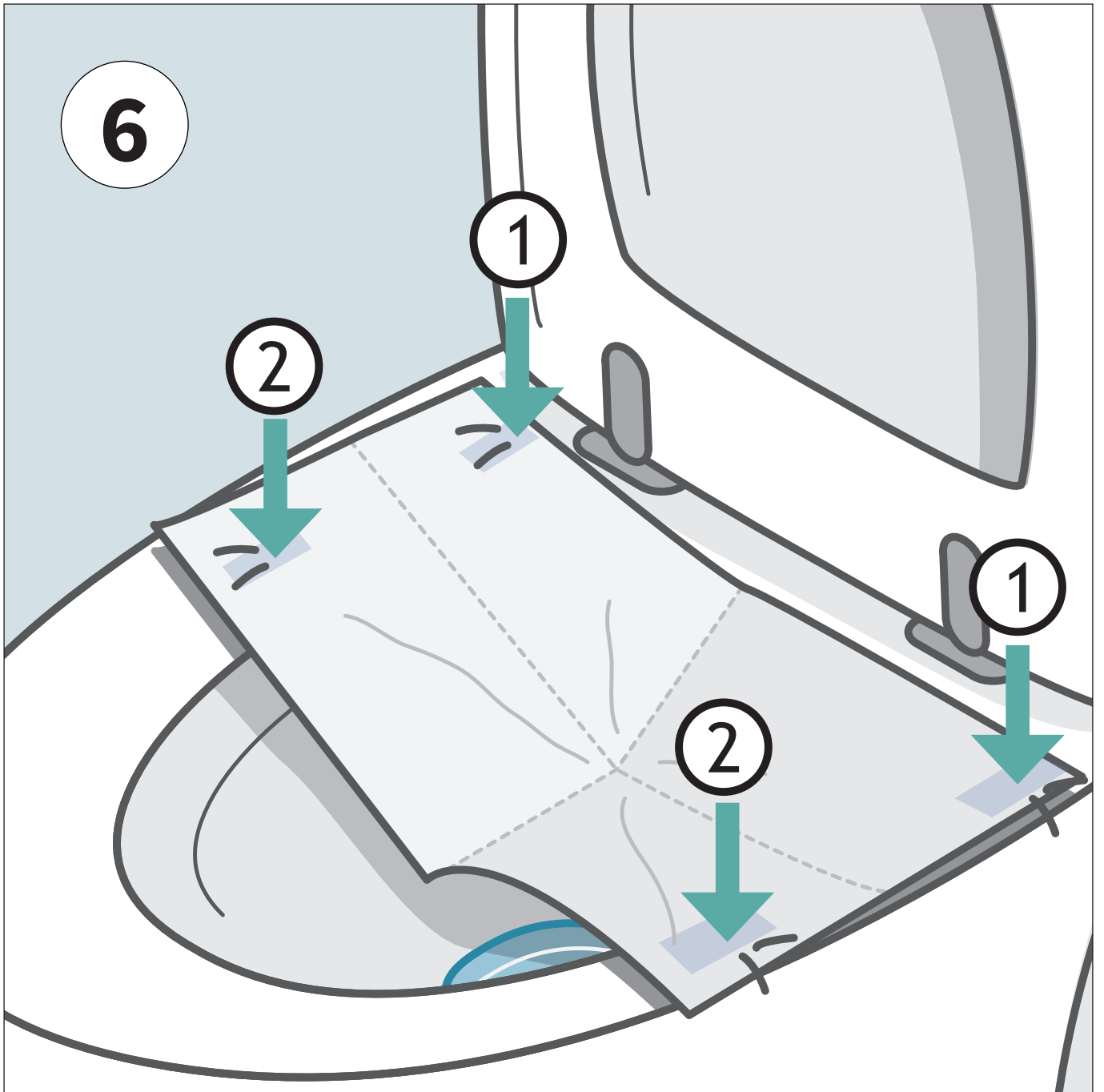
4



Lift the toilet seat before placing the collection paper. Wipe the rim of the toilet bowl with toilet paper.



Unfold the collection paper.
Remove the tape protection from one side of the paper and attach the paper towards the back of the toilet bowl.

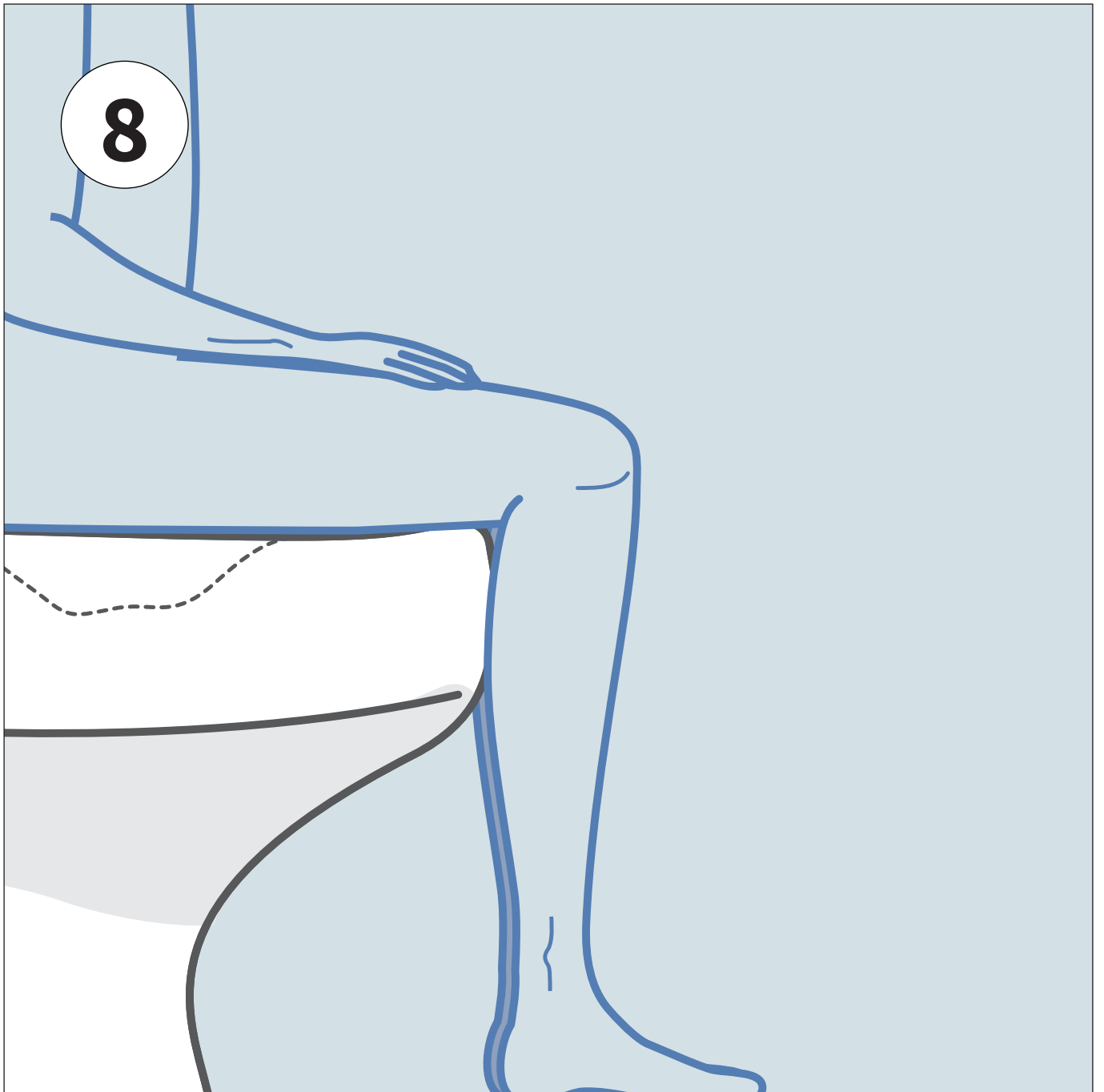


Remove the tape protection from the other side of the collection paper and attach it to the other side of the bowl.

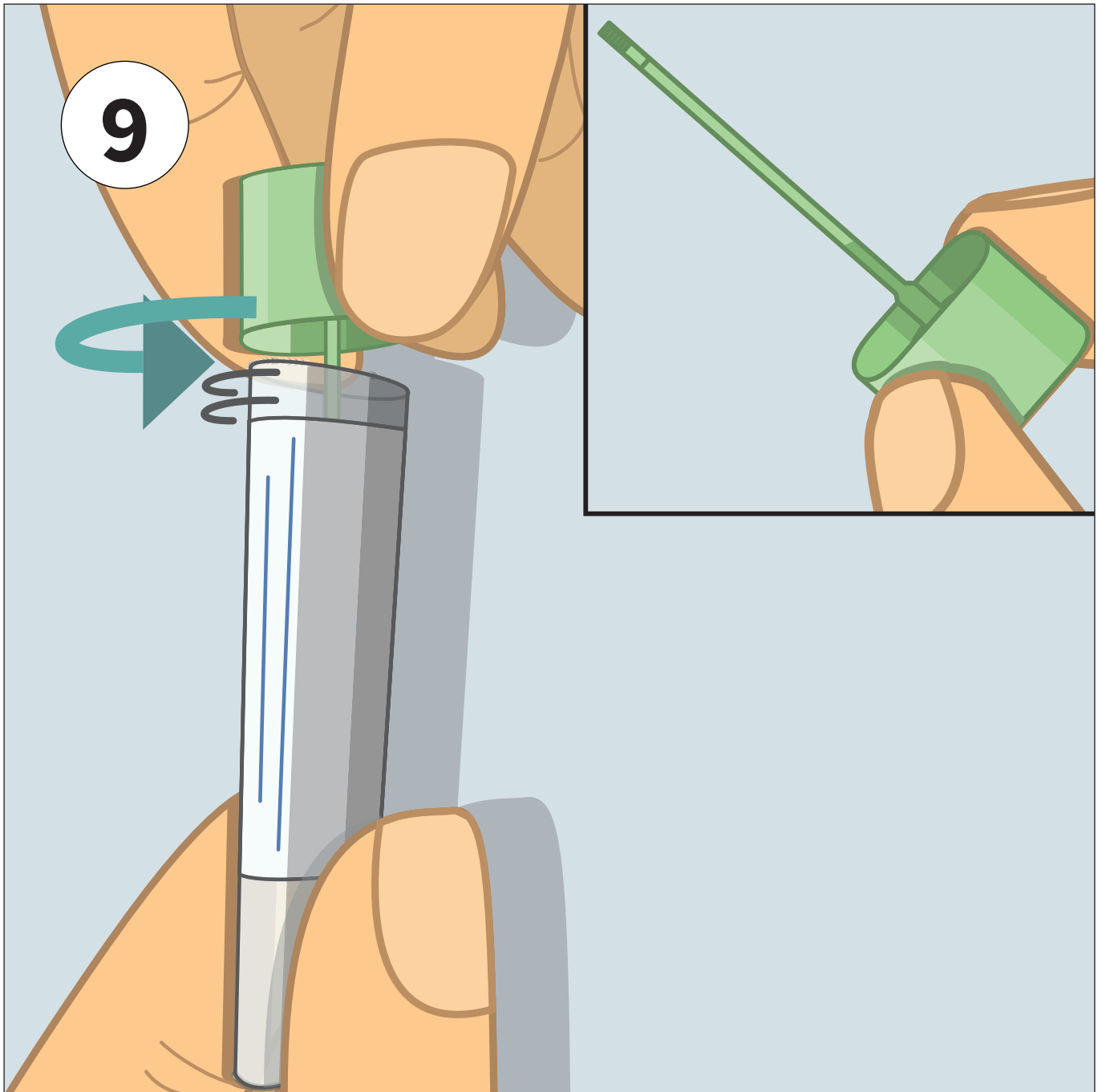
7



It is important that the collection paper forms a little bowl.
Lower the toilet seat.



Pass stool as normal.
Avoid peeing on the stool or on the
collection paper.

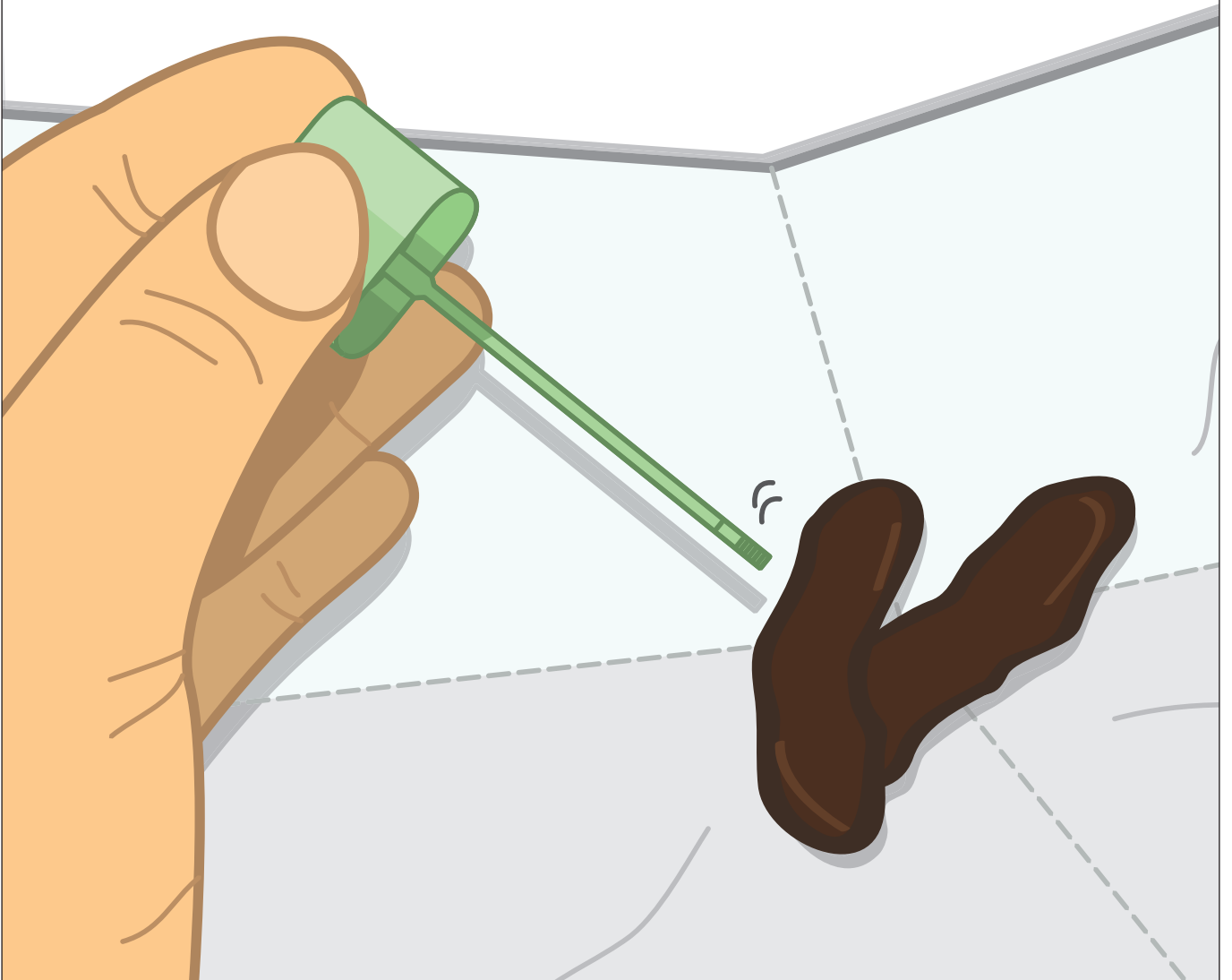


Twist the green cap of the test tube and lift it off.

A green sampling stick is included in the cap.

The tube contains a liquid which must remain in the tube.

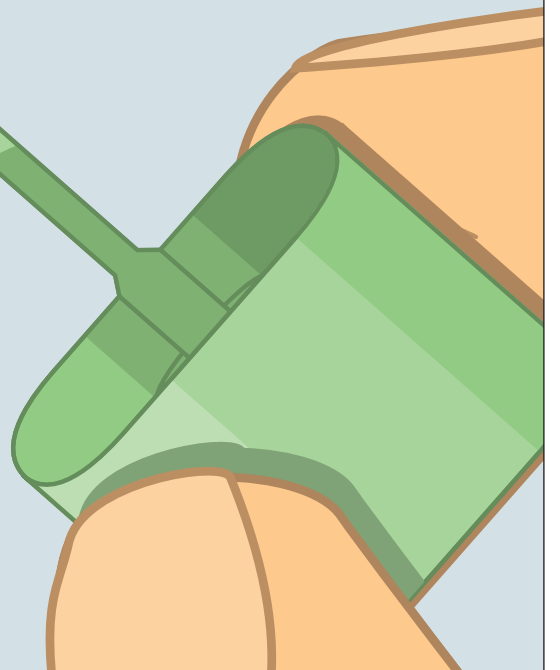
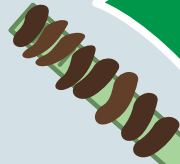
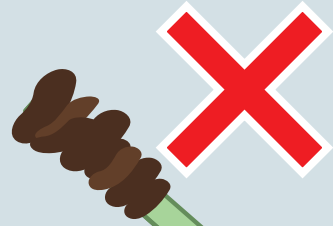
10



Collect the sample from the surface by scraping the sampling stick back and forth along the stool.

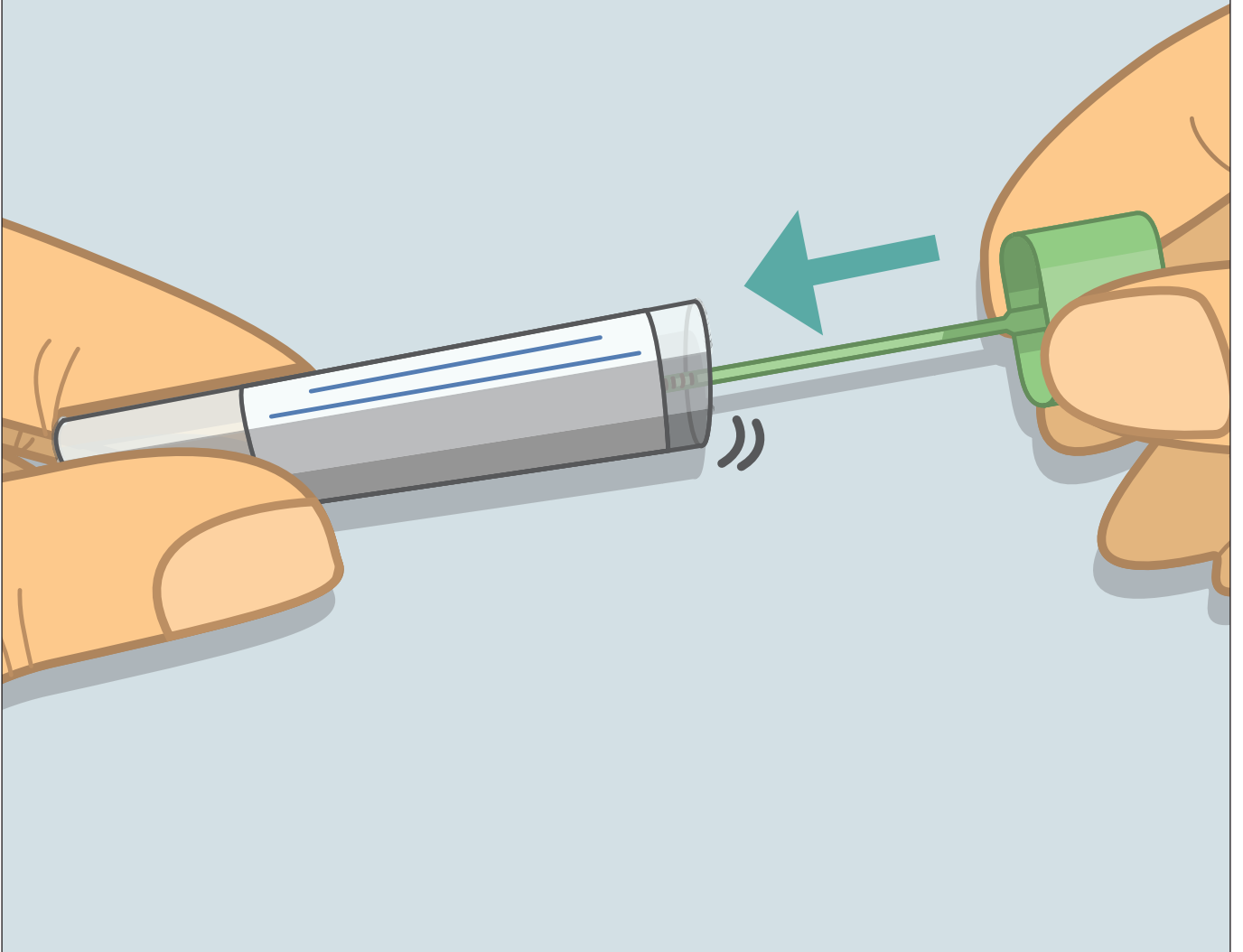
Do not insert the stick into the stool.

11



Repeat this until all grooves are covered. But kindly do not get too much stool on the sampling stick.

12



Insert the sampling stick back into the test tube and push until you hear a “click”.

13

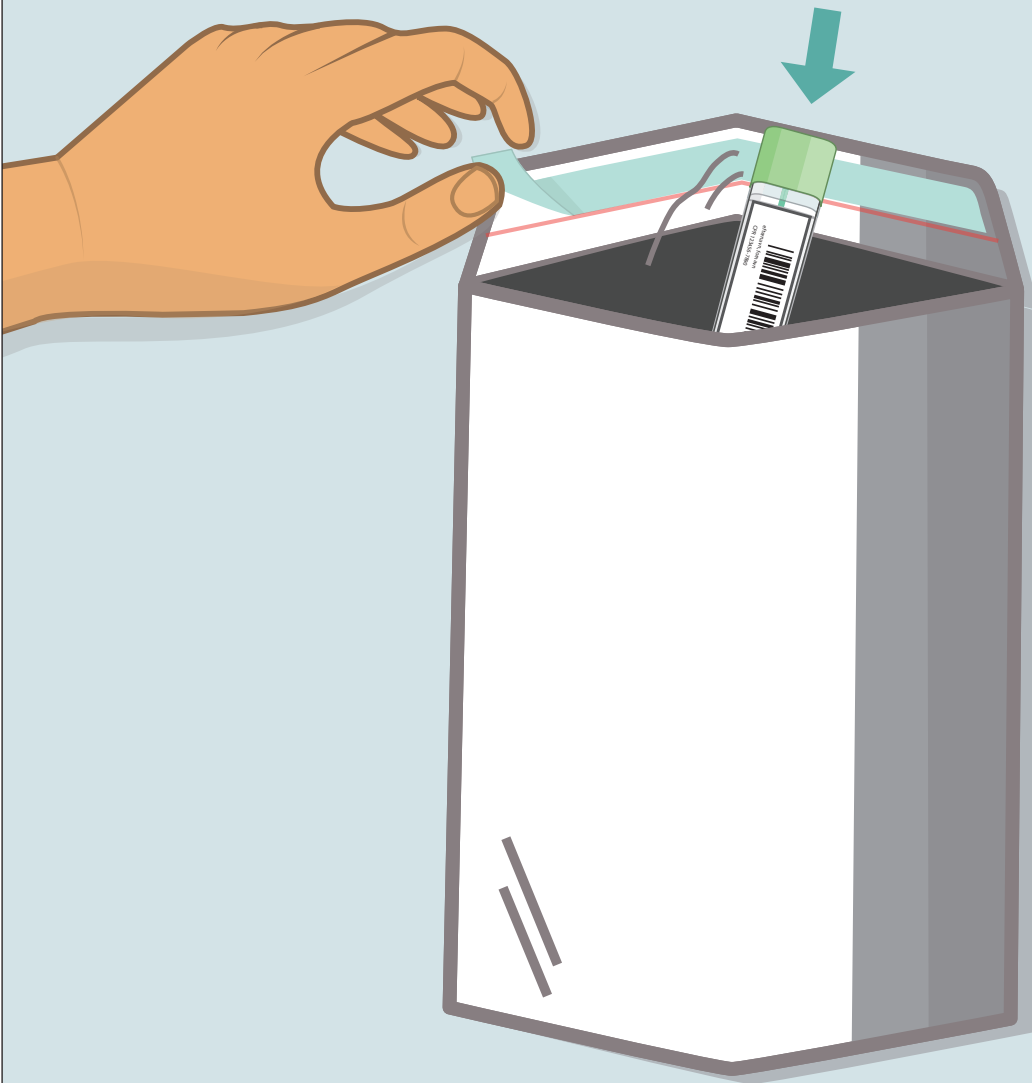
x 2-3



Loosen the collection paper from the toilet bowl and flush 2 or 3 times using full flush.

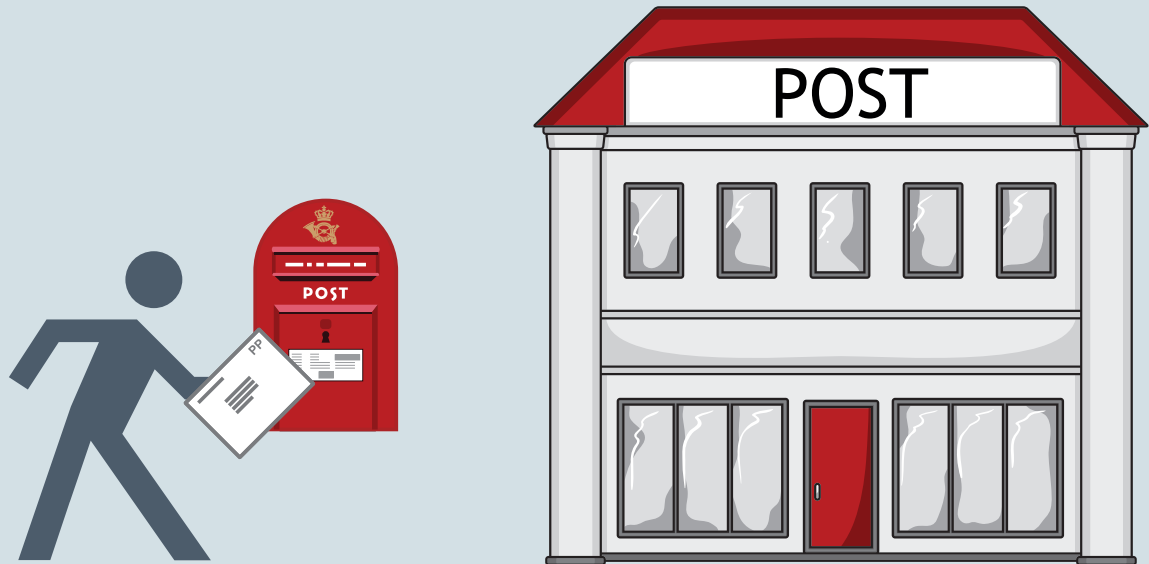
NOTE: The collection paper dissolves upon contact with water.

14



Put the test tube in the stamped return envelope.
Peel off the tape liner to seal the envelope.

15



Return the envelope with the test tube **preferably on the same day.**

You can send the envelope from a postal service point – e.g. in a supermarket, or in a post box.



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