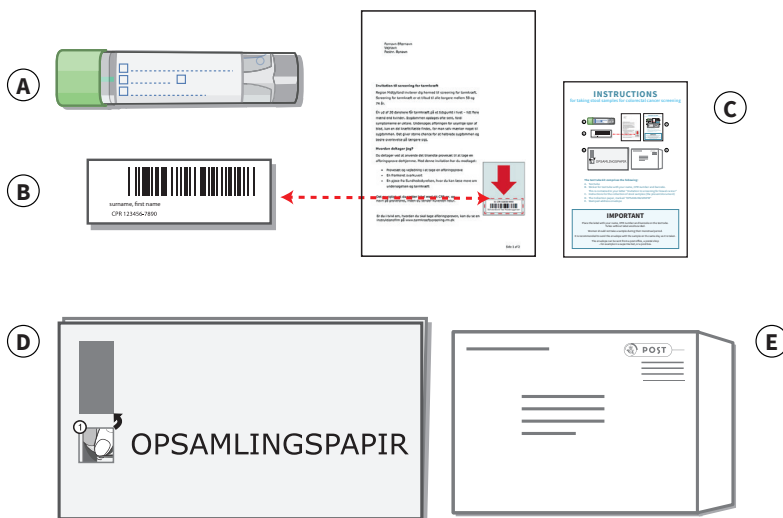


# INSTRUCTIONS

## for taking the stool sample for bowel cancer screening



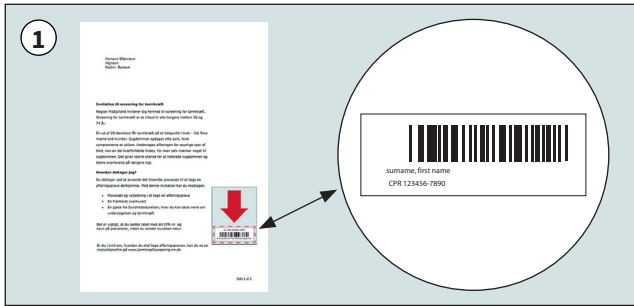
### The test tube kit comprises the following:

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

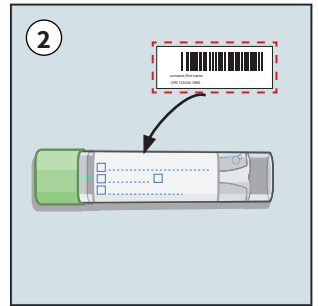
## IMPORTANT

Affix the label with your name, CPR number and barcode on the test tube.  
Tubes without a label will be discarded.

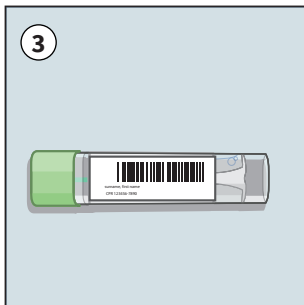
Women should not take a sample during their menstrual period.



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



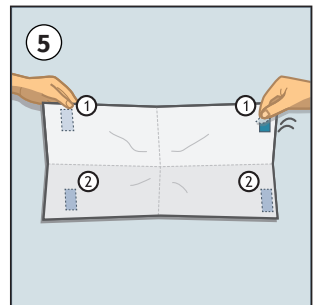
Affix the label with your CPR number and name horizontally on the test tube.



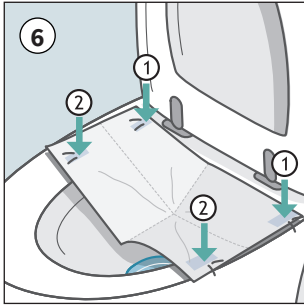
The correctly fitted label with barcode.



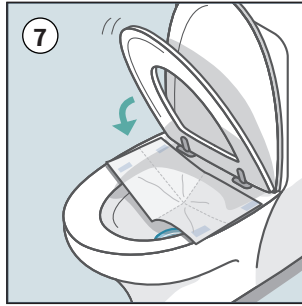
Lift the toilet seat before placing the collection paper. Wipe the rim of the toilet bowl with toilet paper.



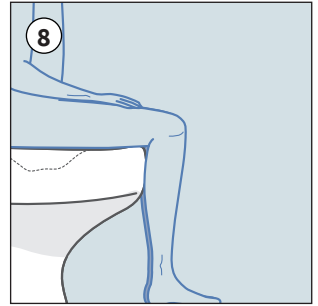
Unfold the collection paper. Remove the tape protection from one side of the paper and attach the paper towards the back of the toilet bowl.



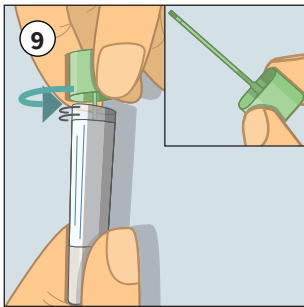
Remove the tape protection from the other side of the collection paper and attach it to the other side of the bowl.



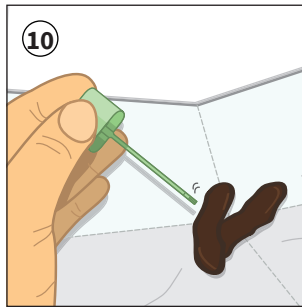
It is important that the collection paper forms a little bowl. Lower the toilet seat.



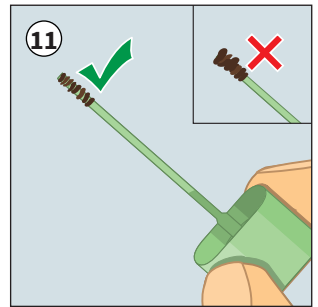
Pass stool as normal. Avoid peeing on the stool or on the collection paper.



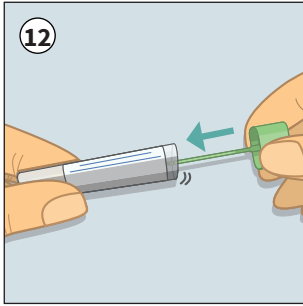
Twist the green cap of the test tube and lift it off. A green sampling stick is included in the cap. The tube contains a liquid which must remain in the tube.



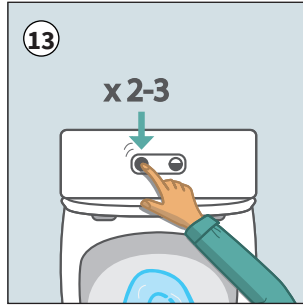
Collect the sample from the surface by scraping the sampling stick back and forth along the stool. Do not insert the stick into the stool.



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

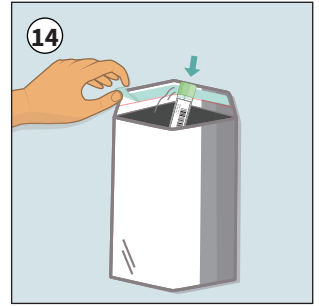


Insert the sampling stick back into the test tube and push until you hear a “click”.

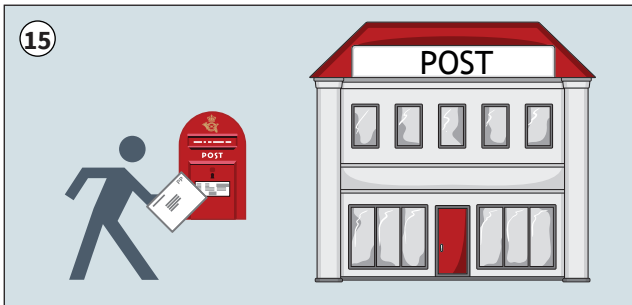


Loosen the collection paper from the toilet bowl and flush 2 or 3 times using full flush.

**NOTE:** The collection paper dissolves upon contact with water.



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



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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