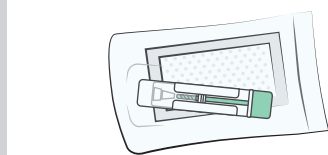


Instructions for taking a stool sample

Colorectal cancer screening

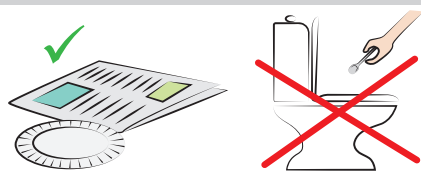
Fimlab

1.



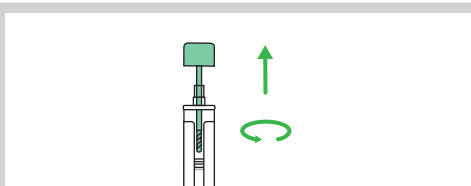
You have received a sample tube in a sealable pouch for providing a stool sample. The sample tube contains a colourless liquid. The liquid contains substances injurious to health. Do not touch the inside of the sample tube/cap or the liquid. The pouch also contains an absorption pillow; please do not remove this from the pouch.

2.



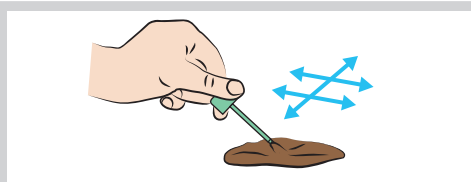
Select a suitably clean surface, such as a disposable paper plate or sheet of newspaper, on which to defecate. **Samples must not be taken from the toilet bowl.**

3.



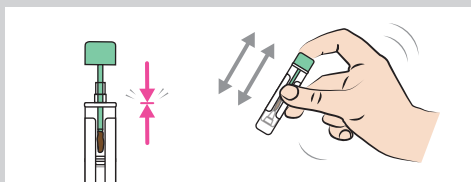
Unscrew the **green cap** on the sample tube. If the stool is hard, use a little bit of water to dampen it to make sampling easier. If the stool is loose, use toilet paper to dry the swab stick before pushing the stick into the stool.

4.



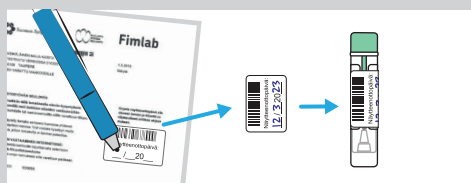
Collect faeces on the tip of the stick in the sample tube by **brushing it 2–3 times back and forth against the stool**. You have collected a sufficient amount of faeces **when the head of the stick is covered**.

5.



Screw the cap with the stick back into the sample tube and **close the cap securely by pushing it until you hear a click**. Do not open the cap again after this. **Shake the sample tube vigorously a few times.**

6.



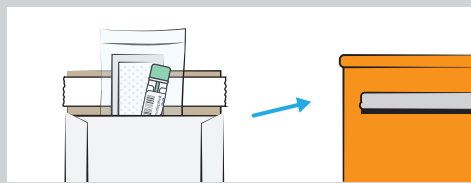
On the adhesive label attached to the preliminary information form, write the **date**, **peel off the label**, and **attach it lengthwise to the flat side of the sample tube**. Put the ready sample tube back in the pouch and close the pouch well.

7.



Fill in the preliminary information form either electronically at www.fimlab.fi/suolistoseulontalomake or by filling in the printed version contained in the package.

8.



Put the sample bag and the form (if using the printed version) into the return envelope and seal the envelope. **Post the return package latest on the following business day**. The cost of postage has already been paid – there is no need to put a postage stamp on the package. You will receive the results of the screening by post.

Watch an instructional video on how to take the sample: www.fimlab.fi/screening_animation

For more information on the screening process, go to www.fimlab.fi/suolistoseulonta or contact Fimlab Laboratoriot Oy by telephone at 010 808 515 between 7 am and 4 pm on weekdays.