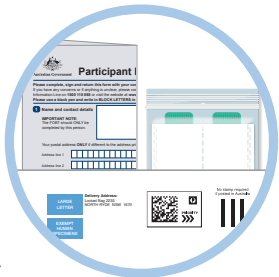
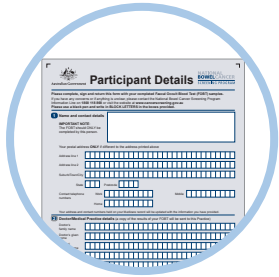


STEP 4 – Send

1. Complete the Participant Details form.
2. Write your name and address on the back of the Reply Paid envelope and sign the front.
3. Put the Participant Details form and the two collection tubes (in the sealed ziplock bag) into the Reply Paid envelope and seal it.
4. Take the envelope to a post office **within 24 hours, or mail in the late afternoon (before 6pm)** using an Australia Post mail box.



The samples must remain cool, so do not leave them in a hot place such as a car.

? Questions

If you have questions about how to do the test, call the Test Kit Helpline on **1800 930 998** (Monday to Friday 7.30am - 10pm AEST/AEDT and Saturday to Sunday 9am - 7pm AEST/AEDT) or watch a short video at www.cancerscreening.gov.au/bowel

Interpreter Translations

For information in your language go to www.cancerscreening.gov.au/translations or call the **Translating and Interpreting Service** on **13 14 50**.

Your result

Your result will be mailed to you and your doctor (if nominated) a few weeks after you post your samples.



Australian Government

**NATIONAL
BOWELCANCER**

SCREENING PROGRAM

Home Test Kit Instructions

PATHOLOGY SERVICES



SPONSOR



34 WOODFIELD BOULEVARD CARINGBAH NSW 2229

MANUFACTURER



www.cancerscreening.gov.au

4 easy steps
that could help
save your life.

Test Kit Helpline 1800 930 998

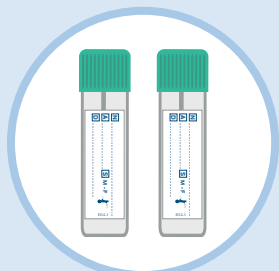
www.cancerscreening.gov.au

Instructions

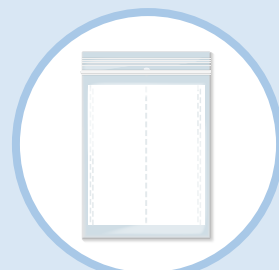
Your kit contains



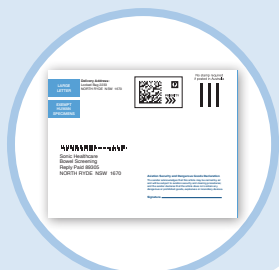
2 x toilet liners



2 x collection tubes



1 x ziplock bag



1 x Reply Paid envelope

Before you start

Things you need to know

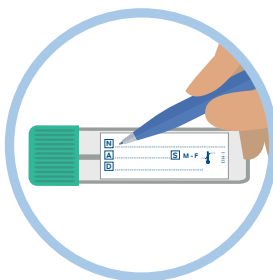
- ✓ You do not need to make any changes to your diet or medication.
- ✓ You need to collect two tiny samples from two separate bowel motions (poos) – one from each poo. Collect the two samples as close together as you can.
- ✓ Store your completed sample/s between 2°C and 8°C (ideally in the fridge, but DO NOT freeze) until you post them.

DO NOT do the test if you have:

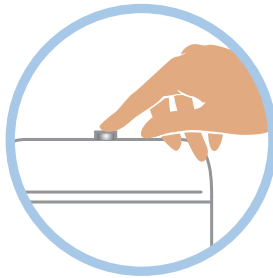
- ✗ Piles (haemorrhoids) which are bleeding. If this happens, see your doctor.
- ✗ Blood in your urine, poo or in the toilet bowl. If this happens, see your doctor.
- ✗ Your menstrual period. Wait for at least three days after your period before doing the test.

STEP 1 – Prepare

1. On one of the tube labels, write your
 - full name at [N]
 - date of birth at [A]
 - date you take the sample at [D]



2. Before collecting your sample, empty your bladder (do a wee) and flush the toilet.



3. Put the toilet liner over the water in the toilet bowl.

The writing should be facing up.



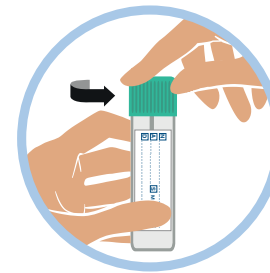
4. If the toilet liner sinks, it's still ok to take the sample, or you can request a new kit.

STEP 2 – Collect

1. Do your poo onto the toilet liner.

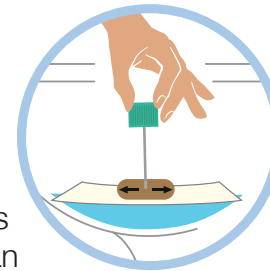


2. Open the collection tube by **twisting** the green cap.



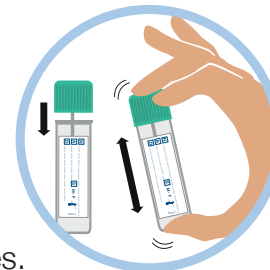
3. Scrape the tip of the stick over different areas of the surface of the poo.

The sample only needs to be tiny – smaller than a grain of rice.



4. Put the stick back into the collection tube and **click the lid shut**.

Shake the tube up and down several times. Do not remove the stick again.



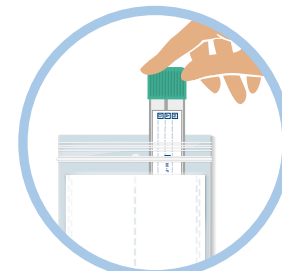
5. Flush the toilet liner and poo down the toilet.

Wash your hands.



STEP 3 – Store and repeat

1. Place the tube into the ziplock bag.
2. Put the sample in the fridge. **(Do not freeze).**



3. Repeat Steps 1 – 3 with the second collection tube when you do another poo (on the same day, the next day, or as soon as you can).



Turn over for Step 4.

“The test might sound a bit unappealing, but it’s clean and easy and could save your life. It just takes two visits to the toilet, then put the samples in the post and you’re done.”