

BOWEL CANCER SCREENING

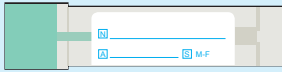
What is the Bowel Cancer Screening home test kit?

This is a simple test that looks for tiny amounts of blood in your bowel motion (also called a stool). Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample. In order to do this test you will need to produce a bowel motion.

Please note: Medications such as aspirin and anti-inflammatory drugs may cause stomach irritation which can affect the test. If possible, and **only after consultation with your doctor**, these medications should **not be taken for three days before and during** the time of sample collection.

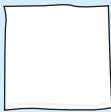
A high fibre diet is recommended for three days before sample collection starts.

Your sample collection pack contents

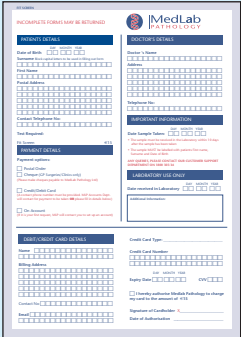


Green sampling stick and tube for taking your sample

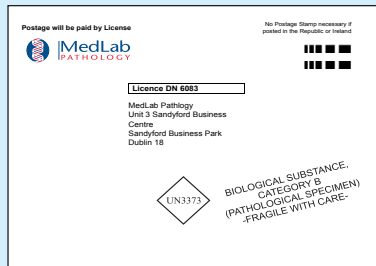
Absorbent pad



Green plastic bag



Test request form



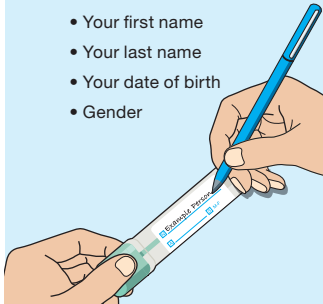
Self-addressed post-paid mailer

Home test kit instructions

Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

- 1** Open your home test kit envelope and remove the green collection tube. Please write your details onto the tube label:

- Your first name
- Your last name
- Your date of birth
- Gender



- 2** The test can be done at any time of day or night. Put toilet paper in the toilet bowl to make it easier to collect your sample.

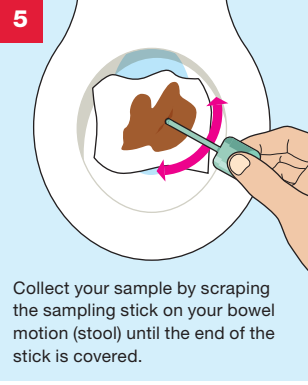
Perform your bowel motion. It doesn't matter if your sample touches the toilet water or your urine.



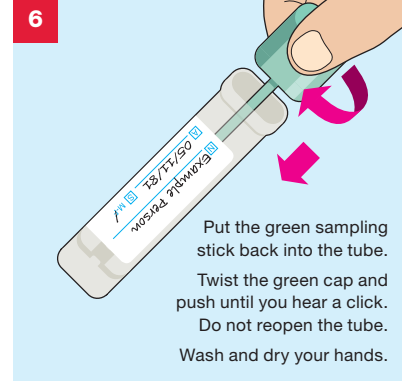
Wash and dry your hands.



- 3** Take the green collection tube. Twist the green cap to open and pull out the sample stick.

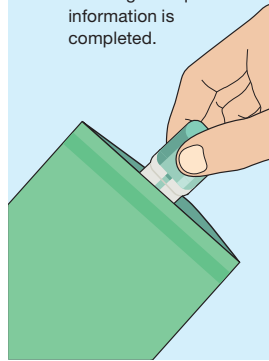


- 5** Collect your sample by scraping the sampling stick on your bowel motion (stool) until the end of the stick is covered.



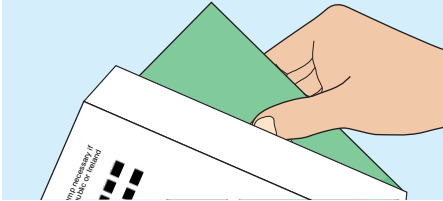
- 6** Put the green sampling stick back into the tube. Twist the green cap and push until you hear a click. Do not reopen the tube. Wash and dry your hands.

- 7** Put the green collection tube into the green plastic bag. Close the green plastic bag with collection tube inside. Please complete the test request form provided ensuring all required information is completed.



- 8** Put the completed test request form into the post-paid mailer. Place the green bag containing the sample tube back inside the self-addressed, post-paid mailer. You are now ready to seal the white self-addressed post-paid mailer. Please post your samples to MedLab Pathology **as soon as possible** from ANY An Post box in the Republic of Ireland. No stamp is required within the Republic of Ireland. Samples need to be in the laboratory for analysis within **10 days of sample collection** or else a result will not be possible.

If you need assistance please contact MedLab Pathology on 1800 303 349 or email customersupport@medlabpathology.ie.



CHECKLIST

Before you return your samples please tick off the contents of the white self addressed post-paid mailer.

- Green collection tube with First name, Last name, DOB and Gender written onto the label, inside the green plastic bag
- Completed Test request form, including date of collection
- Absorbent pad

You are now ready to seal the white self addressed post-paid mailer.

Please post your samples to **MedLab Pathology** as soon as possible from **ANY** An Post box in the Republic of Ireland. No stamp is required within the Republic of Ireland.

If you need assistance please contact **MedLab Pathology** on 1800 303 349 or email customersupport@medlabpathology.ie

MedLab Pathology

Unit 3, Sandyford Business Centre, Sandyford Business Park, Dublin 18
Tel: +353 (1) 293 3690 Fax: +353 (1) 293 3671
E-mail: info@medlabpathology.ie Website: www.medlabpathology.ie