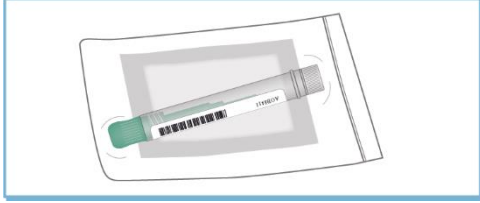


# Instructions for taking a stool sample

## Screening for cancer of the large intestine



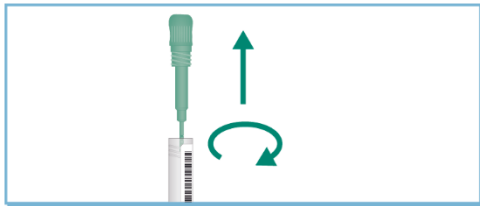
You have received a package with a sampling tube in a sealable pouch. The pouch also contains an absorption cloth. Please do not remove the cloth from the pouch.

*The sampling tube contains liquid; do not pour out the liquid from the tube! See additional information at the bottom of the page.*



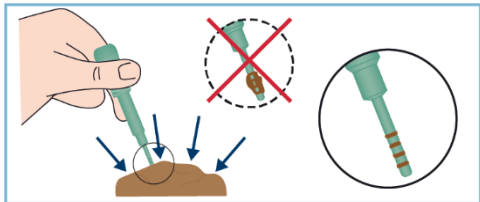
Select a clean, disposable paper plate, a piece of toilet paper or a sheet of newspaper on which to defecate. Samples must not be taken directly from the toilet bowl!

*If your stool is too watery (for example, diarrhoea), wait and take the sample later.*

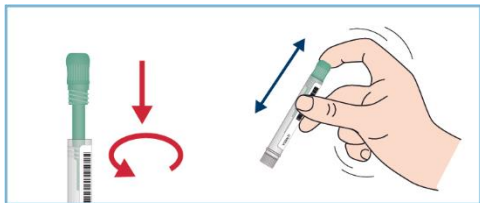


Pick up the sampling tube and open the **GREEN** cap. Keep the tube upright.

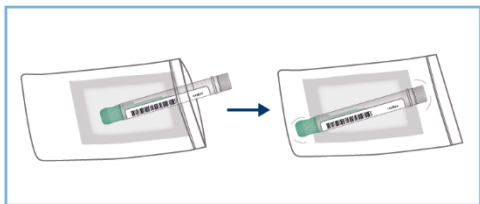
*Do not open the colourless cap under any circumstances.*



Collect stool on the grooves in the tip of the green sampling stick by touching it against four different points on the stool. You have collected enough stool when the threaded tip of the stick is covered in it. Do not collect more stool than can fit in the grooves. Remove extra stool by wiping the stick with toilet paper, for example.



Place the green sampling stick in the sampling tube and close the screw cap tightly. Shake the sampling tube vigorously a few times. Do not open the cap again after this.



Place the sampling tube back in the sealable pouch with the absorption cloth and close the pouch tightly.

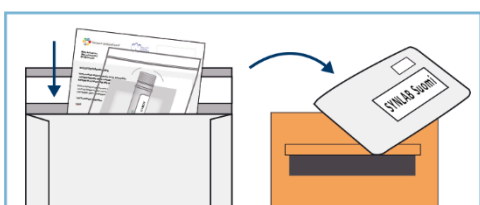


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Filling in the information requires strong authentication.

If you are unable to fill in your information electronically, please fill in your preliminary information in the printed form sent to you with this invitation.



Place the sample pouch and, if using the printed form, the filled-in form in the return envelope. Seal the envelope tightly. Send the return envelope

by post at the latest on the next business day after taking the sample. The sample in the tube should be stored in a refrigerator (2–8°C) before sending it. The postage fee has been paid.

### **Please note!**

*The tube contains liquid. Be careful not to tip the tube when it is open to keep the liquid from spilling out. If any liquid gets onto your skin or into your eyes, rinse thoroughly with water. Do not swallow the liquid. Keep out of reach of children. For more information, please visit: [www.synlab.fi/palvelut/suolistosoyovan-seulonta](http://www.synlab.fi/palvelut/suolistosoyovan-seulonta)*