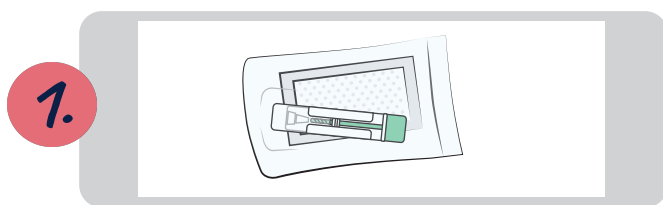


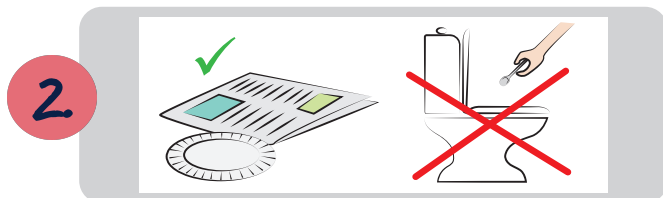
Instructions for taking a stool sample

Colorectal cancer screening

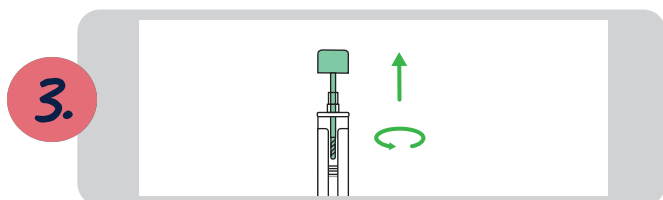
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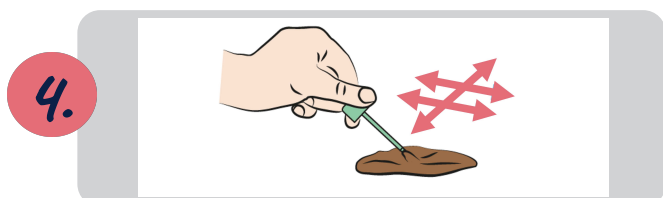
You have received a sample tube in a sealable pouch for providing a stool sample. The sample tube contains a colourless liquid. The liquid contains substances injurious to health. Do not touch the inside of the sample tube/cap or the liquid. The pouch also contains an absorption pillow; please do not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



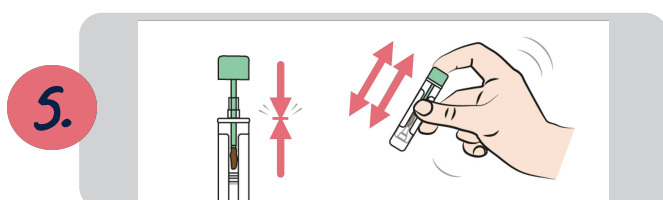
Select a suitably clean surface, such as a disposable paper plate or sheet of newspaper, on which to defecate. **Samples must not be taken from the toilet bowl.**



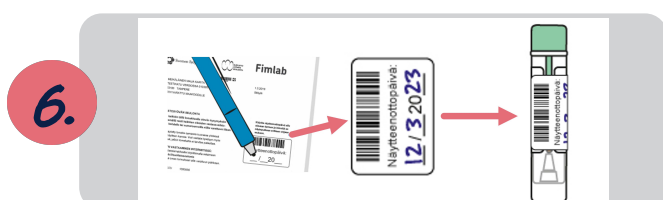
Unscrew the **green cap on the sample tube**. If the stool is hard, use a little bit of water to dampen it to make sampling easier. If the stool is loose, use toilet paper to dry the swab stick before pushing the stick into the stool.



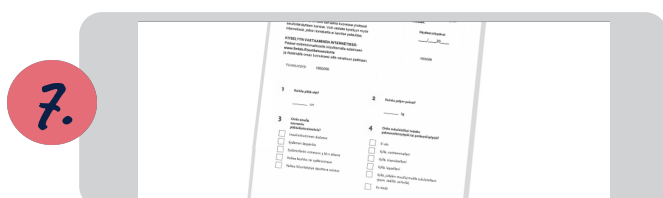
Collect faeces on the tip of the stick in the sample tube by **brushing it 2–3 times back and forth against the stool**. You have collected a sufficient amount of faeces **when the head of the stick is covered**.



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.**



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.



Complete the preliminary information form primarily online at: www.fimlab.fi/suolistoseulontalomake



Put the sample bag (along with the paper preliminary information form, if you completed that instead of the online one) into the return envelope and seal the envelope. **Mail the return package within 24 hours**. The cost of postage has already been paid. You will receive the results of the screening primarily electronically. If you have not yet enabled digital services, the result will be sent to your home 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/en/colorectal-cancer-screening or contact Fimlab Laboratoriot Oy by telephone at 010 808 515 between 7 am and 4 pm on weekdays.