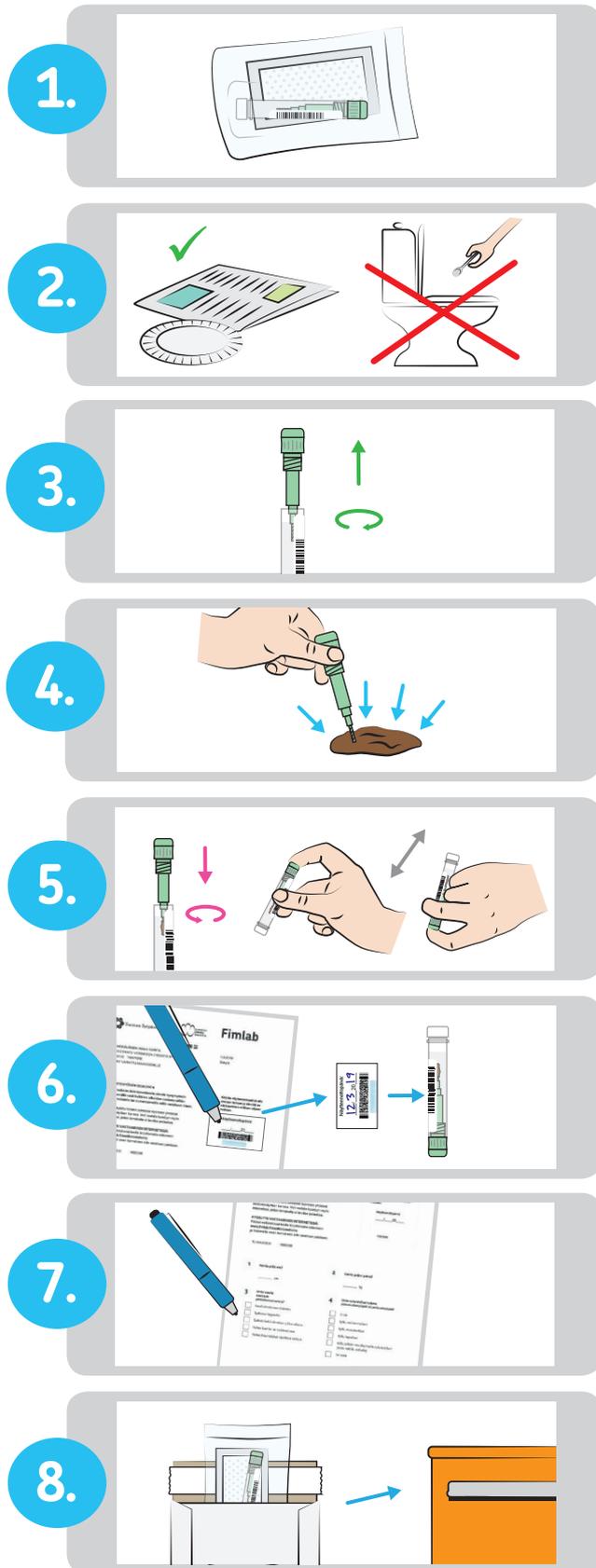


Instructions for taking a stool sample

Fimlab

Screening for cancer of the large intestine



You have received a sample tube in a sealable pouch for providing a stool sample. The sample tube contains a colourless 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.

Collect faeces on the tip of the stick in the sample tube by touching it against **four different points on 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 tightly. **Shake the sample tube vigorously a few times**. Do not open the cap again after this.

On the adhesive label attached to the preliminary information form, write the **date** and **attach the label lengthwise to the sample tube**, on top of the barcode. Put the ready sample tube back in the pouch and close the pouch well.

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

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.

For more information on the screening process, go to www.fimlab.fi/suolistoseulonta (in Finnish) or contact Fimlab Laboratoriot Oy by telephone at +358 3 311 74445 between 8 am to 4 pm on weekdays.