



Australian Government

NATIONAL BOWELCANCER

SCREENING PROGRAM

Product name

National Bowel Cancer Screening Program Kit

Pathology Services



Mail the 'Blue Mailing Envelope' containing your test samples to:

Reply Paid 83974
Dorevitch Pathology
FOBT Department
POBox 5018
Heidelberg West MDC VIC 3081

Sponsor of

NEW HEMTUBE (B)

SIEMENS

Manufacturer of

NEW HEMTUBE (B)

FUJIREBIO INC.

FOBT002 Version 08/14

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STORING YOUR SAMPLES

- ▶ Store the blue Mailing Envelope containing your samples between 2° and 10°C - the fridge is the best place for your samples.

How to Collect Your Samples for Testing>>>

Need help?

Call 1800 738 365
Monday - Friday
between 9am to 5pm

Reading English a difficulty?

Call us on 13 14 50

Do not:

- ▶ Change your diet or medication.
- ▶ Freeze your samples.

Do not collect samples if:

- ▶ You have haemorrhoids (piles) which are bleeding.
- ▶ It is during or within 3 days either side of a menstrual period.
- ▶ Blood is present in your urine or present in the toilet bowl - in this case you should contact your doctor.
- ▶ You are scheduled for a colonoscopy in the near future.
- ▶ You have had a bowel condition in the last 12 months which is currently under treatment - consult your doctor if you are unsure.

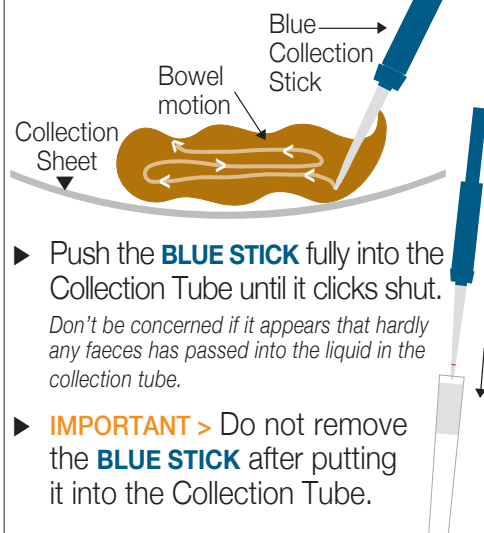
Please read all pages before taking the 4 easy steps to collecting your two samples.

Quick, easy, done in your own home when convenient for you.

Collecting your First Sample

1

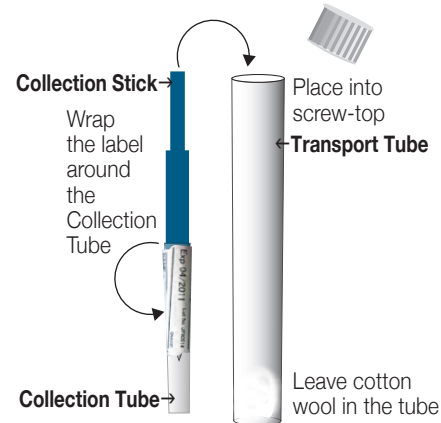
- ▶ Use the **BLUE STICK**.
- ▶ Empty your bladder, then flush the toilet.
- ▶ Float Collection Sheet print side up in the toilet bowl.
- ▶ Sit on the toilet and pass your bowel motion onto the Sheet.
- ▶ The collection sheets will not affect any toilet system when flushed.
- ▶ NB: An old container can be used instead of the collection sheets if you prefer, but please do not flush the container down the toilet.
- ▶ Put the tip of the **BLUE STICK** into your bowel motion and drag back and forth until you have **no more** than the size of a grain of rice on the end of the stick.



Labelling and Storing your Sample

2

- ▶ Print your 'Name', 'Date of Birth' and 'Date of Sample' on the label and stick it around the Collection Tube.
- ▶ Put the Collection Tube into the screw-top Transport Tube.



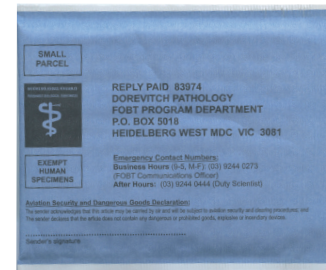
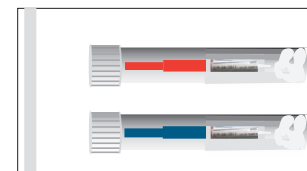
Label Collection tube **NOT** Transport Tube

- ▶ Screw on the cap and place it into the zip lock bag. Seal.
- ▶ Put the sealed zip lock bag into the blue Mailing Envelope.
- ▶ **IMPORTANT** > Store the blue Mailing Envelope so it keeps your samples between 2° and 10°C - the fridge is a good spot.
- ▶ **IMPORTANT** > Do not freeze.

Collecting your Second Sample

3

- ▶ Use the **RED STICK**.
- ▶ The second sample should be taken preferably within 2-3 days. You can take the 2nd sample later on the same day if you like.
- ▶ Repeat all the steps the same as for '1. Collecting your First Sample' and '2. Labelling and Storing your Sample'.
- ▶ Put this Transport Tube into the zip lock bag with the other Tube then in the Mailing Envelope.



- ▶ **IMPORTANT** > Until you post the Envelope, continue to store in a place where the temperature is between 2° and 10°C.
- ▶ **IMPORTANT** > Do not freeze.

Checklist for Posting

4

- ▶ On the front of the blue Mailing Envelope, sign your name in the 'Sender's signature' space.
 - ▶ On the back of the blue Mailing Envelope, fill in 'Sender's Name' and 'Senders Address'.
 - ▶ **IMPORTANT** > Sign and date the **Participant Details Form** which is located in the large envelope that contained your NBCSP box.
- Place in the blue pre-paid Mailing Envelope:**

- ▶ Your Participant Details Form
- ▶ Zip lock bag containing the two labelled Collection Tubes which have been placed into the screw-top Transport Tubes.
- ▶ Post back your completed test as soon as you can.
- ▶ When travelling to post the Mailing Envelope, keep it dry and cool (below 25°C).

Post the blue Mailing Envelope at an Australia Post shop/outlet. If this is not possible, mail at an Australia Post post box.