

SUBMITTING SAMPLES FOR ANALYSIS

1. After both samples have been collected, **COMPLETE, SIGN** and **DATE** the **blue Participant Details Form**.
2. Check that you have:
 - labelled each small sampling tube with your name, date of birth and date of sample;
 - placed each small sampling tube into the larger screw top transport tube;
 - placed both screw top transport tubes (**containing the small sampling tubes**) into the zip top plastic bag;
 - placed the zip top plastic bag in the reply paid envelope;
 - included the completed blue **Participant Details Form** in the reply paid envelope; (please note: If this is a replacement kit please send in the tear off slip on the bottom of your letter).
 - sealed the reply paid envelope;
 - completed the Sender Name and Sender Address details on the reply paid envelope where indicated; and
 - signed the Declaration on the **front** of the reply paid envelope.
3. Post the reply paid envelope via Australia Post as soon as possible (preferably within 24 hours). However, during extremely hot or cold weather, try and post it reasonably close to the next mail collection time. **DO NOT reuse the large white envelope in which you received your invitation package.**

FOR ASSISTANCE

For assistance completing the test call the Communications Officer on **1300 738 365** between 9.00am and 5.00pm EST Monday – Friday.

Translating and Interpreting Service (TIS) is available by calling: **13 14 50**.

Translated instructions are available:

- on the National Bowel Cancer Screening Program's website:
www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/multilingual-information-1
or
- by calling the Communications Officer on **1300 738 365**.



BOWEL CANCER SCREEN

Instructions for sample collection

This test is easy to perform.

Please take the time to read the instructions before collecting your sample.

DO NOT change your diet or medication.

Only collect a **tiny** sample (just a smear on the tip of the sampling stick) from **two** separate bowel movements.

If you have more than one bowel movement per day, you can collect both samples on the same day.

PREPARATION

Your sample pack should contain:

- | | |
|--|--|
| 1. Two specimen collection sheets | 4. Two labels |
| 2. Two sampling sticks – In plastic ziplock bag | 5. Two large screw top transport tubes |
| 3. Two small sampling tubes – In plastic ziplock bag | 6. One reply paid envelope (blue) |

Your invitation package should include a **blue Participant Details Form**.

Please ensure the details on this form are correct. Complete the form and send it with your samples.

Do not collect samples if:

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

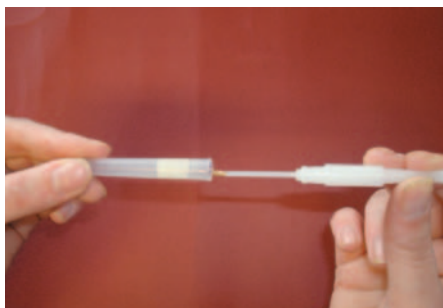
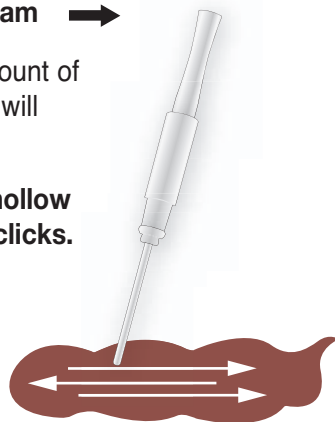
COLLECTING THE SAMPLES

Collecting the first sample

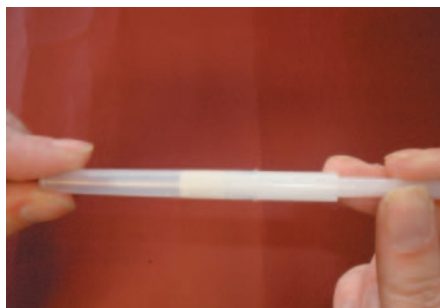
1. Empty your bladder, then flush the toilet.
2. Place the collection sheet, printed side up, on the surface of the water in the toilet bowl. The collection sheet will dissolve within five minutes of being in contact with liquid.
3. Pass the bowel movement onto the sheet – do not worry if it sinks below the water – it will not affect the test.
4. Using the sampling stick, insert the tip into the bowel movement and drag (swipe) it along the length of the bowel movement three times, see diagram →

This is all you have to do to collect the tiny amount of sample required for testing - too much sample will mean testing cannot be performed.

5. Push the tip of the sampling stick into the hollow opening of the sampling tube, push until it clicks.



Insert sampling stick into small sampling tube.



Keep pushing stick into sampling tube until it clicks.

6. Write your details and the date on the label where indicated then attach it to the sampling tube as shown.



Labelling should contain surname, first name, date of birth and date of sample.



Label wraps around sampling tube NOT transport tube.

7. Place the sampling tube in one of the large screw top transport tubes.

DO NOT remove the cotton wool from tube.

8. Finally, store it in a dark, dry place at room temperature (but not above 25°C) until the second sample has been collected.
If your average room temperature is higher than 25°C, store the sample in the fridge away from food.
DO NOT freeze.

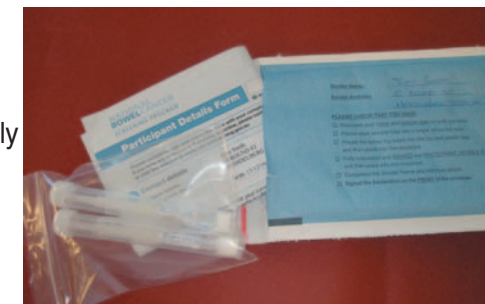


Correctly collected sample being put into transport tube.

Collecting the second sample

Repeat steps 1-7, using the second sampling stick, collection tube and label. The second sample **must be collected within 10 days** of the first sample.

Put both samples in ziplock plastic bag, then place it with the completed blue participant details form into the blue reply paid envelope.



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