

## BEFORE POSTING SAMPLES

1. **COMPLETE, SIGN** and **DATE** the **blue Participant Details Form**.  
(Note: If this is a **replacement kit**, please fill out and send in the tear-off slip on the bottom of your letter with your samples).
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 a larger screw top transport tube;
  - placed both screw top transport tubes (**containing the small sampling tubes**) into the plastic ziplock bag;
  - placed the plastic ziplock bag in the reply paid envelope;
  - included the completed **blue Participant Details Form** in the reply paid envelope; (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.

## POSTING SAMPLES

Post the **blue** reply paid envelope as soon as you can (ideally, on the day of collecting the second sample). Where possible, hand the reply paid envelope in at an Australia Post office or drop it in the post box within the office (rather than using an outside post box).

**Please make sure that you keep your samples as cool as possible (preferably under 30 degrees C) and out of direct sunlight during delivery to the Australia Post office or post box.**

## FOR ASSISTANCE

For assistance in completing the test, call the FOBT Helpline on **1300 738 365** between 9.00am and 5.00pm AEST 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](http://www.cancerscreening.gov.au/internet/screening/publishing.nsf/Content/multilingual-information-1)  
or
- by calling the Communications Officer on **1300 738 365**.

Product Code No.231418

## NEW HEMTUBE(B)

## NATIONAL BOWEL CANCER SCREENING PROGRAM

### Instructions for sample collection

#### This test is easy to perform.

Please take the time to read the instructions and pages 10-12 of the Information Booklet before collecting your sample. Taking the samples as close together as you can, storing them correctly and returning them quickly for analysis will ensure that your result is as accurate as possible.

#### **DO NOT change your diet or medication.**

You only have to collect a **tiny** sample, just a smear on the tip of the sampling stick. This needs to be done from **two** separate bowel movements.

The second sample should be taken as close as possible to the first and preferably no longer than 2-3 days apart. If you have more than one bowel movement in the one day, you can collect both samples on the same day.

The samples are sent to a pathology laboratory for analysis and a result letter will be sent to you and your doctor (if nominated).

#### PREPARATION - Your sample pack should contain:

- |   |  |
|---|--|
| 1. Two specimen collection sheets   | 4. Two labels                              |
| 2. Two sampling sticks – in plastic ziplock bag (one <b>Blue</b> & one <b>Red</b> ) | 5. Two large screw top transport tubes     |
| 3. Two small sampling tubes – in plastic ziplock bag                                | 6. One reply paid envelope ( <b>blue</b> ) |

Your **invitation package** should include a **blue Participant Details Form** (or a tear-off slip on the bottom of your letter).

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.

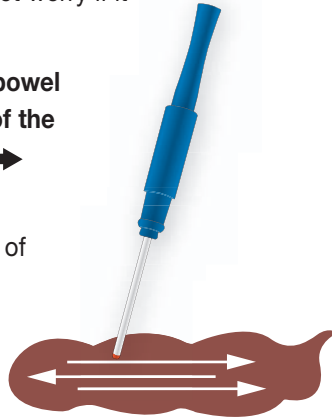
Specialist Diagnostic Services Pty Ltd, ABN 84 007 190 043 APA, trading as Dorevitch Pathology.

## COLLECTING THE SAMPLES

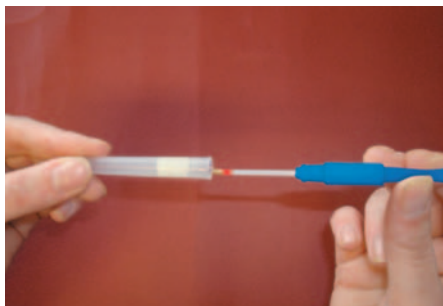
### Collecting the first sample

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. →  
You may use blue or red stick for first sample.

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.  
**DO NOT** remove the sampling stick after insertion.



Insert sampling stick into small sampling tube.



Keep pushing the stick into the 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 the transport tube.

7. Place the sampling tube in one of the large screw top transport tubes and then put into the plastic ziplock bag. **DO NOT** remove the cotton wool from the tube.
8. Put the plastic ziplock bag containing the sample into the blue reply paid envelope, and then store in the coolest part of your residence.<sup>1</sup> The fridge provides the most stable conditions for storing your sample and will give the most accurate result, but **DO NOT FREEZE**.



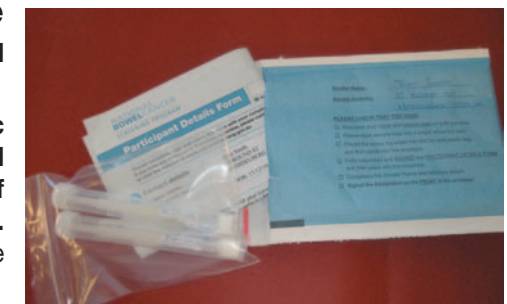
Correctly collected sample being put into the transport tube.

**Remember, the second sample should be collected as soon as possible following the first sample and preferably no longer than 2-3 days apart. If you have more than one bowel movement in the one day, you can collect both samples on the same day.**

### Collecting the second sample

Repeat steps 1 - 7, using the second sampling stick, collection tube and label.

Place the second sample in the plastic ziplock bag (inside the blue reply paid envelope) and store in the coolest part of your residence until you are able to post. Ideally postage should be done on the same day as the second sample is collected.



<sup>1</sup> Ideally between 2 and 10 degrees C.