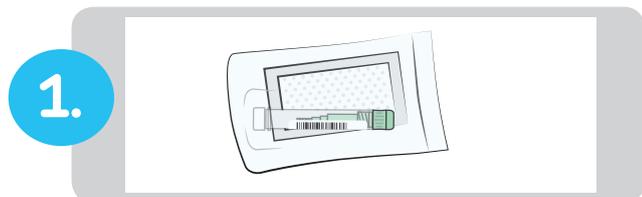


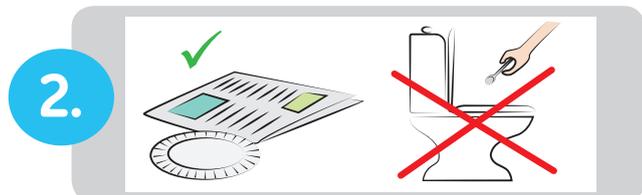
# Instructions for taking a stool sample

# Fimlab

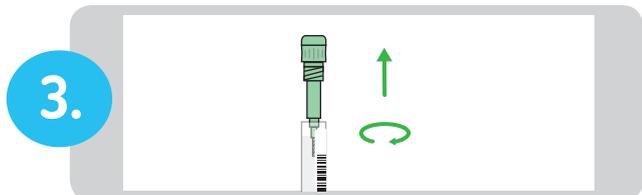
Screening for cancer of the large intestine



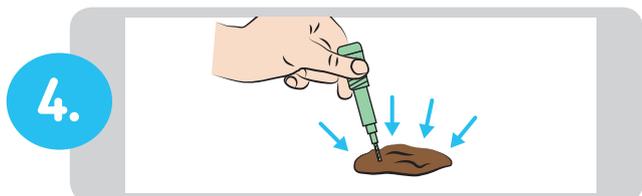
You have received a sample tube in a sealable pouch for providing a stool sample. The sample tube contains a colourless liquid. The pouch also contains an absorption pillow; please do not remove this from the pouch.



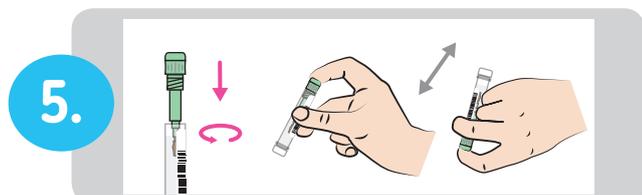
Select a suitably clean surface, such as a disposable paper plate or sheet of newspaper, on which to defecate. **Samples must not be taken from the toilet bowl.**



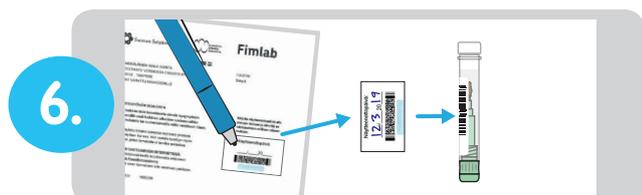
Unscrew the **green** cap on the sample tube.



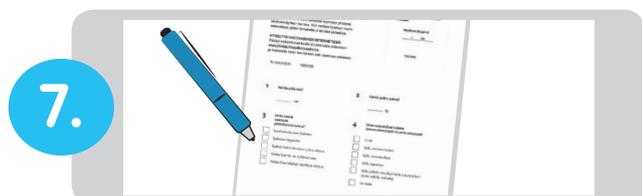
Collect faeces on the tip of the stick in the sample tube by touching it against **four different points on the stool**. You have collected a sufficient amount of faeces **when the head of the stick is covered**.



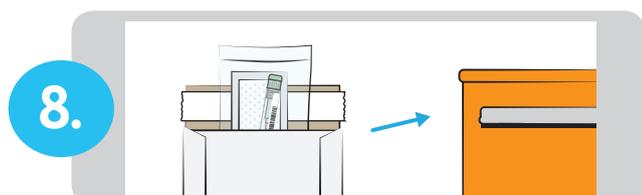
Screw the cap with the stick back into the sample tube and close the cap tightly. **Shake the sample tube vigorously a few times**. Do not open the cap again after this.



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/suolistoseulonta](http://www.fimlab.fi/suolistoseulonta) 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](http://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.