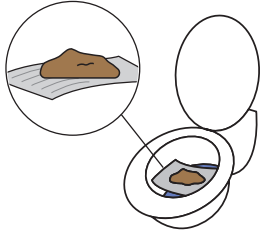


INSTRUCTIONS FOR COLLECTING THE STOOL SAMPLE

You can also watch these instructions in video format at www.islab.fi/suolistosyovanseulonta

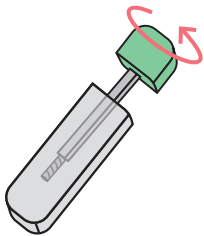


1.



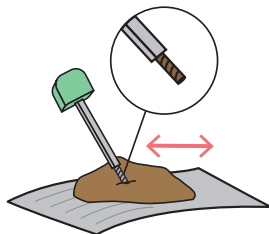
Collect your stool sample on a clean, dry surface, such as a newspaper or disposable plate. Avoid mixing urine with the stool sample.

2.



Unscrew the green cap of the sample tube. Do not touch the foil at the bottom of the tube.

3.



Collect some of the stool sample on the tip of the sample stick attached to the cap. Brush the stick back and forth in the stool sample, in several different places. You can stop when the threaded tip of the stick is covered with the stool sample.

4.



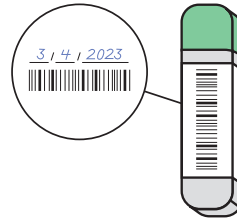
Put the stick in the sample tube and close the cap. Do not touch the foil at the bottom of the tube. Carefully press the cap until it clicks. Do not open the tube again.

5.



Write down **the date you collect the sample** on the bar code label at the bottom of the invitation letter in Finnish.

6.



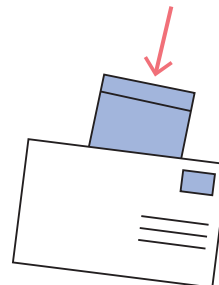
Attach the bar code label **upright** on the wide side of the test tube, as shown in the picture. The bar code should be entirely visible on the wide side of the tube.

7.



Put the sample tube in the bag that came with the letter. There is an absorption pad inside the bag. Leave it in the bag together with the sample tube. Close the bag tightly.

8.



Put the bag in the return envelope. If you have filled out the paper form, also put that in the envelope (check first that the bar code label including the date you collect the sample is attached to the form).

If you have registered your **information electronically at seula.hus.fi**, you do not need to return the paper form.

9.



Post the return envelope preferably **on the same day** you collected the sample. The postage has been paid in advance.