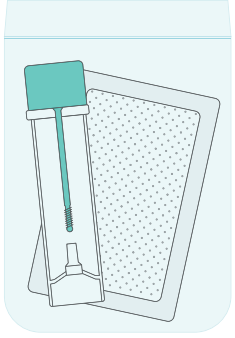


Instructions for collecting the sample, filling in preliminary information and returning the sample


1



The sampling kit contains a sample tube, a return bag protecting the sample and a moisture absorbing cloth.

Please note! The liquid inside the tube contains substances harmful to health. Do not touch the inside of the sample tube/ the cap or the liquid.

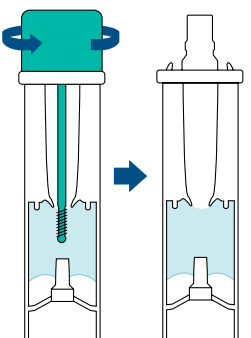
2



Take a suitable clean tray, such as a piece of firm paper, a newspaper or a disposable plate to defecate on.

You must not take the stool directly from the toilet bowl.

3

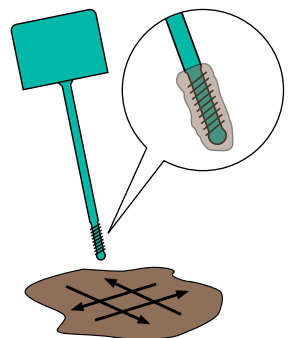


Open the **green** cap of the sample tube by winding it.

If the stool is hard, moisten it slightly with water to enable you to scrape a sample to the sample stick.

If the stool is loose, dry the sample stick, for example, with toilet paper before you push the stick into the stool.

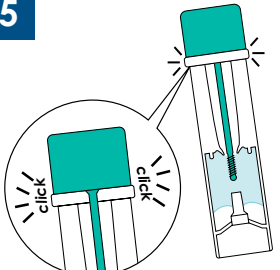
4



Collect some stool **to the tip of the stick attached to the cap of the sample tube by scraping the stick 2-3 times back and forth along the stool.**

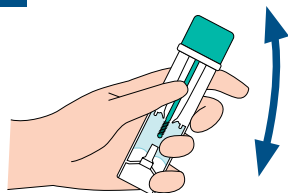
The sample amount is sufficient when the grooves of the tip are covered by stool.

5



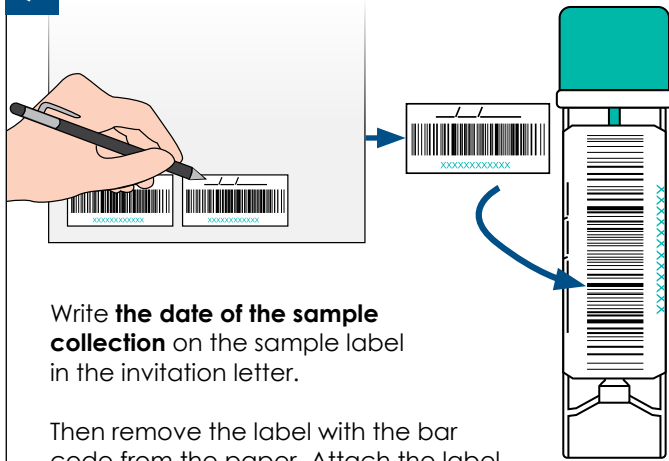
Put the cap with the stick back to the sample tube and **close the cap by pressing it carefully until it clicks.** Do not open the cap any more.

6



When you have closed the cap carefully, shake the tube vigorously up and down for a few times.

7




Write **the date of the sample collection** on the sample label in the invitation letter.

Then remove the label with the bar code from the paper. Attach the label vertically on the flat side of the sample tube as shown in the picture.

After you have attached the label, put the sample tube into the return bag that came with the invitation. There is an absorbent cloth inside the bag. **Close the return bag carefully.**

8

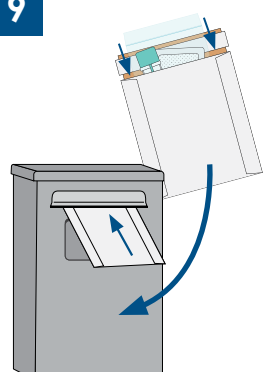


Fill in online preliminary information.

If you cannot use the online form, fill in the preliminary information form enclosed with this letter.

www.seula.hus.fi
User ID: the series of characters on the sample label beginning with H.
Password: the first six numbers of your personal identity code.

9



Put the sample that you have packed into the return bag into the cardboard **return envelope** that came with the invitation. If you have filled in the preliminary information form on paper, also put the form into the return envelope.

Return the cardboard envelope to an allocated return box at a HUS laboratory or post it on the working day following the sample collection at the latest.

1. Do I need to prepare for the sample collection?

- Everyone invited can participate in the screening, meaning that no illness or medication prevents you from participating.
- Sample collection does not require fasting or a break in taking your medicines.
- You do not need to follow a special diet before the sample collection.
- You can collect the sample at any time of the day.

2. How do I store the sample tube before returning it?

- You should return the sample tube to a HUS laboratory or post it as soon after collecting the sample as possible. The postage for the return envelope has been paid.
- You can store the sample tube in room temperature.

3. Where will I find the nearest HUS laboratory for returning the envelope?

- You will find all laboratories of the HUS Diagnostic Center at this address: <https://www.hus.fi/en/search>, choose "Laboratories".
- HUS laboratories have a self-service machine or a box for returning the sample. It has been marked with the text "Colorectal cancer screening".
- You can also post the return envelope on the working day following the sample collection. The postage for the return envelope has been paid.

4. When do I need a new sampling kit?

- If the sample tube has been damaged in some way (e.g., there is no liquid in the tube) or the tube is missing from the kit.
- If it is not possible to read the series of characters on the sample beginning with H on the bar code in the sample identification label in the invitation letter.

5. If I need a new sampling kit, where will I get it?

- If you need a new sampling kit, the easiest way to order it is to use the form available on the HUS website at www.hus.fi/en/colorectalcancerscreening.

6. How and when will I get the test results?

- We will inform you of the screening result in person **in a letter within a month** from when we received the sample for examination.
- **The laboratory results will not be given over the telephone.**

More information on sample collection and help with possible problem situations is available at www.hus.fi/en/colorectalcancerscreening or from the customer service of HUS Diagnostic Center, tel. 09 471 86800 (select 4, colorectal cancer screening).