

Preparations

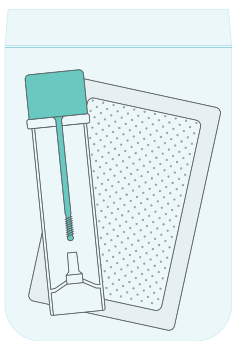
You do not need to follow any special diet before providing the sample. By following these instructions, you will ensure the most reliable results.

Sampling kit

You can pick up the sampling kit from any HUSLAB laboratory (a dish such as a kidney bowl or a paper plate, a sample tube, a resealable plastic bag, and a label). If your doctor has requested more than one sample, you will receive a corresponding number of sampling kits. In this case, you need to collect the samples on different days, or at least from different defecations. Place each sample in its own tube. The tube can be stored in room temperature.

Sampling, labelling, and returning the sample


1



The sampling kit contains a sample tube, a plastic bag to protect the sample, and a cloth to absorb moisture.

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

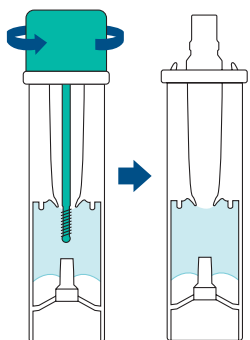
2



Pass stool on something clean and dry such as a piece of sturdy paper, a newspaper, or a paper plate.

Do not pick up stool from the toilet bowl

3

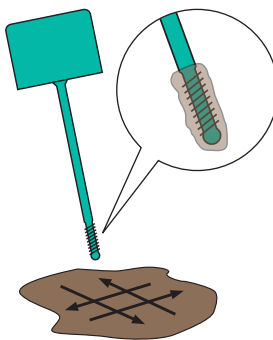


Open the tube's **green** cap by twisting it.

If your stool is hard, moisturise it slightly with water so you will be able to collect stool on the sampling stick.

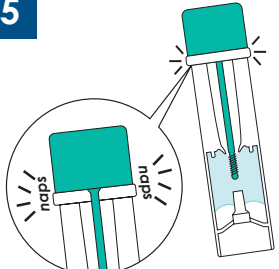
If your stool is loose, dry the sampling stick first with toilet paper, for example, before you collect the sample.

4



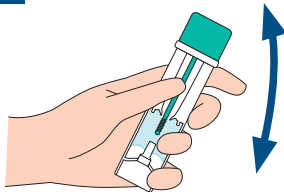
Collect some stool **on the tip of the stick by stroking it back and forth 2-3 times in the stool.** There is enough stool when the grooved tip is completely covered.

5



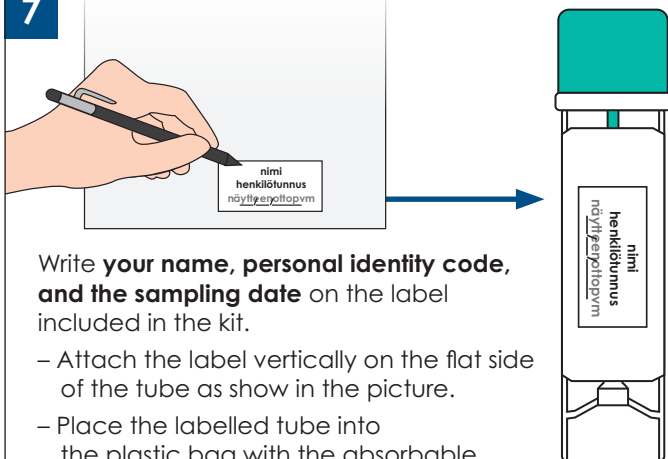
Put the stick back in the tube and **close the cap carefully by pressing it until it clicks.** Do not open the cap after this.

6



Once the cap is carefully closed, shake the tube vigorously a few times.

7



Write **your name, personal identity code, and the sampling date** on the label included in the kit.

- Attach the label vertically on the flat side of the tube as show in the picture.
- Place the labelled tube into the plastic bag with the absorbable cloth (the same bag where the tube originally was). Close the bag carefully!
- Return the sample in the plastic bag to a HUSLAB laboratory within a week from collecting the sample. The sample keeps in room temperature.
- If several samples were requested, collect them on different days, or at least from different defecations. Bring all of the samples to a laboratory within a week. The samples keep in room temperature.

For more information:

HUSLAB customer service
tel. 09 471 86800 Mon–Fri 7:30 a.m.–3:30 p.m.
(Laboratory test results will not be given out over the phone).