

Quick, easy, done in your own home when convenient for you.

Please read carefully before taking the 3 easy steps to collecting your two samples.

Do not:

- ▶ Change your diet or medication.
- ▶ Freeze your samples.

Do not collect samples if:

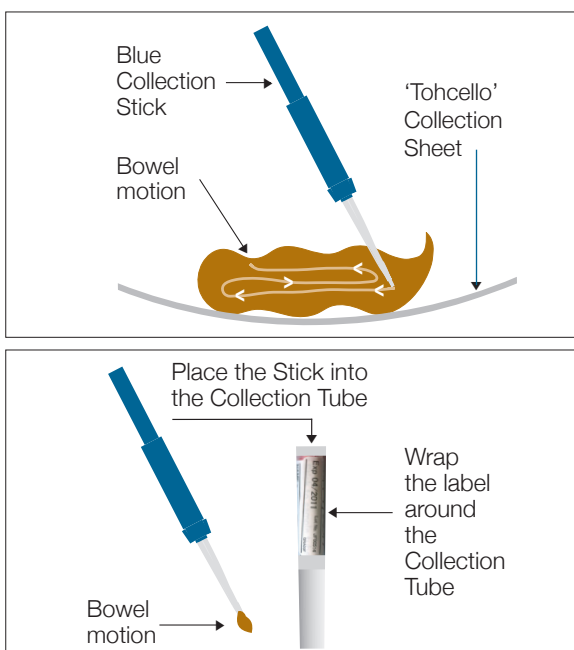
- ▶ Blood is present in your urine.
- ▶ Your haemorrhoids (piles) are bleeding.
- ▶ During or within 3 days either side of a menstrual period.

How to Collect Your Samples for Testing

1 Collecting your First Sample

- ▶ Use the **BLUE STICK**.
- ▶ Empty your bladder, then flush the toilet.
- ▶ Float the 'Tohcello' Collection Sheet print side up in the toilet bowl.
- ▶ Sit on the toilet and pass your bowel motion onto the Sheet.
- ▶ Put the tip of the **BLUE STICK** into your bowel motion and drag back and forth until you have no more than about the size of a grain of rice on the end of the stick.
- ▶ Push the **BLUE STICK** fully into the Collection Tube until it clicks shut.
- ▶ Print your 'Name', 'Date of Birth' and 'Date of Sample' on the label and stick it around the Collection Tube.
- ▶ **IMPORTANT >** Put the Collection Tube in the zip lock bag and store in a place where the temperature is between 2° and 10° C.

Note: Do not freeze.



2 Collecting your Second Sample

- ▶ Use the **RED STICK**.
- ▶ You can take the second sample later on the same day, but no more than 2-3 days later.
- ▶ Repeat all the steps the same as for '1. Collecting your First Sample'.
- ▶ Put the Collection Tube into the zip lock bag. **IMPORTANT >** Store between 2° and 10° C.

3 Dorevitch Collection Centre

- ▶ Place the zip lock bag containing your two samples into the large plastic zip lock bag with your Request Form.
- ▶ Seal both zip lock bags.
- ▶ Deliver your two samples with the Request Form to any Dorevitch Collection Centre listed on the back of your Request Form.
- ▶ Deliver both samples within 24 hours of taking the second sample.
- ▶ **IMPORTANT >** Until samples are delivered, store in a dry, cool place, out of direct sunlight.

