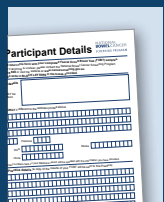


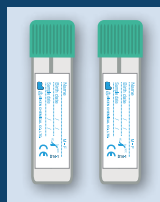
# Home test kit instructions

Collect 2 tiny samples, put them in the post and you're done

Your kit contains everything  
needed to do the test



1 x participant  
details form



2 x collection  
tubes



2 x toilet  
liners



1 x ziplock  
bag



1 x reply  
paid  
envelope

## ! Before you do the test

- ✓ Place the test next to the toilet where you will remember to do it.
- ✓ Set a reminder for the days you will take your samples.
- ✓ Check the expiry date on the back of the kit. If the kit has expired, call 1800 627 701 for a replacement.
- ✓ Keep taking any medication you are on and eat what you normally do.

## Important

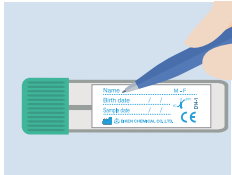
- Complete the test within the next 2 weeks.
- Include your form in the envelope when you return your samples.

## Don't do the test if you have:

- ✗ piles (haemorrhoids) that are bleeding. If this happens, see your doctor
- ✗ blood in your urine or blood in the toilet bowl. If this happens, see your doctor
- ✗ your menstrual period. Do the test 3 days after your period has finished
- ✗ had a recent colonoscopy.

# Instructions

## 1 Prepare



**Write** your name, date of birth and date you do the test on one of the tubes.



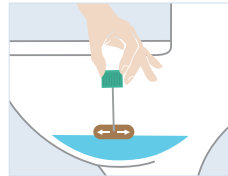
Do a wee and **flush** the toilet.

**Put one toilet liner in the toilet** with the writing facing up. It's okay if it gets wet.

## 2 Collect



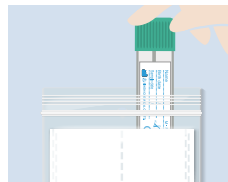
**Poo** onto the liner.



**Twist open the tube.**

Drag the tip of the stick through the poo. Your sample only needs to be tiny.

Put the stick back into the tube and click it shut. **Flush** the biodegradable liner down the toilet.



**Put the tube into the ziplock bag.**

Put the bag somewhere cool, such as a fridge. Don't freeze.

# Instructions

## 3 Repeat



Repeat steps 1 and 2 using the other tube when you do your next poo. Ideally, try to collect both samples within 3 days of each other.

Then go to Step 4.

## 4 Send

**Mail your samples as soon as possible.**

A form titled "Participant Details" with fields for name, address, and contact information. It includes checkboxes for "I have read and understand the information" and "I agree to participate".

**Complete the participant details form.** Write the dates your samples were taken and sign the form.

A form titled "Check before sending" with a list of instructions: "1. Check your details on both collection tubes", "2. Write your details on both collection tubes", "3. Write the date you collected the samples on the back of the envelope", "4. Sign the back of the envelope", and "5. Sign the front of the envelope". It also has fields for "Sender name" and "Sender address".

**On the envelope,** sign the front and write your name and address on the back.

**Put the form and the samples** in the envelope.



**Mail the envelope.** Samples need to stay cool for as long as possible. Place it in a mailbox in the cooler part of the day or take it to a post office.

# Instructions



## Your result

Your result will be mailed to you and your doctor within 4 weeks after you post your samples.

A **negative** result means no blood was found. You should do the test again in 2 years.

A **positive** result means blood was found. This does not always mean you have bowel cancer. There are lots of reasons why you could have blood in your poo, and most are not related to cancer. Make a time to see your doctor as soon as possible to find out more.

Watch a video on how to do the test  
[www.health.gov.au/nbcsp](http://www.health.gov.au/nbcsp)



## Questions

Test kit helpline 1800 930 998

National Cancer Screening Register  
1800 627 701

Visit our website  
[www.health.gov.au/nbcsp](http://www.health.gov.au/nbcsp)



## Translations

For information in your language  
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