

# Instructions



## Do not collect a sample if you:

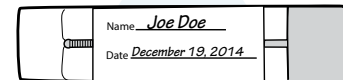
- Can see blood in your stool (poop) or urine (pee) – in this case see your doctor.
- If you have bleeding hemorrhoids or are currently menstruating you should wait to do the test until you have stopped bleeding for 3 days.
- Have just had a colonoscopy or will be having one in the next few months.

## Important!

- You do not need to change your diet or stop taking your medications to do this test.
- The test is time sensitive and may need to be repeated if it is not returned in a timely manner.

### A Prepare to do the test:

- Fill in **all** the information on the green response form.
- Check to see that your information on the collection container is correct.
- Write the date you collect the sample on the collection container.



### B Prepare the toilet:

- Do not use toilet bowl cleaners while you are doing the test.
- The stool sample cannot touch urine. If you need to urinate, do so first. Then, flush the toilet and allow it to refill.
- Lift the toilet seat up.
- Unfold the flushable toilet bowl liner, float it on the surface of the water, and allow it to stick to the sides of the toilet bowl. You can also place several layers of toilet paper on top of the toilet bowl liner.
- Put the seat down and have a bowel movement (poop).



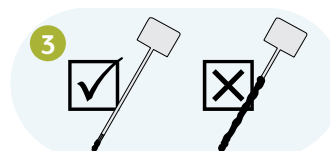
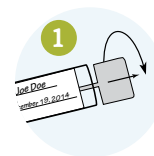
## Option

Use a clean disposable container or paper plate instead of the toilet bowl liner provided.

SEE OTHER SIDE ➡

## C Collect stool sample

- 1 Open the green cap of the collection container by twisting and lifting.
- 2 Scrape the top of the stool with the green sampling stick attached to the lid. Do this before the toilet bowl liner sinks and the stool touches the water in the toilet bowl.
- 3 A small amount of stool is all that is needed. Only cover the grooved part of the sampling stick.
- 4 Insert the green sampling stick back into the collection container and snap the cap closed. Do **not** reopen.



## D Finishing up

- Flush the stool and toilet bowl liner.
- Wash your hands.
- Wrap the collection container in the absorbent paper provided.
- Place it in the zip-lock bag.



## E Return the test

- Write your return address on the white mailing envelope.
- Place zip-lock bag into the white mailing envelope.
- Put the completed green response form into the white mailing envelope and seal it.
- Postage is already paid so no stamps are needed.
- As soon as possible, mail it from an indoor Canada Post location such as a retail outlet or a post office.
- Do **not** place in an outdoor mailbox as the **test should not be frozen**.



Illustrations used with permission of BC Cancer Agency.

## Need help?

### Please contact ColonCheck:

Tel/Tél: (204) 788-8635  
ColonCheckmb.ca

5-25 Sherbrook Street  
Winnipeg, MB R3C 2B1

Toll Free/Sans frais: 1-866-744-8961  
ColonCheck@cancercare.mb.ca

25, rue Sherbrook, unité 5  
Winnipeg (Manitoba) R3C 2B1

Go to [ColonCheckmb.ca](http://ColonCheckmb.ca) to watch a video on how to do the test.

Pour recevoir cette brochure en français veuillez nous contacter.