

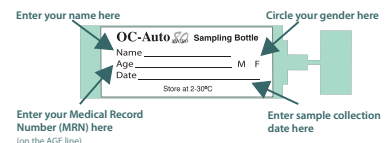
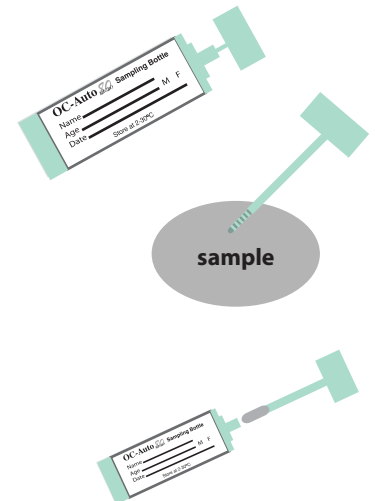
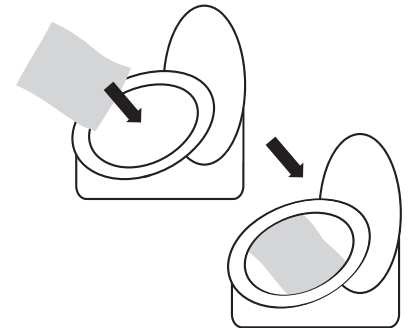
# HOW TO USE THIS Polymedco Fecal Hemoglobin Test Kit

Read these instructions carefully before taking the stool (fecal) sample.

**IT'S IMPORTANT TO FOLLOW ALL OF THE STEPS:** If you aren't able to take the sample as directed, it might affect how accurate the results are. If you have rectal bleeding (red spots of blood) right now, please wait until after the bleeding has stopped to complete your test.

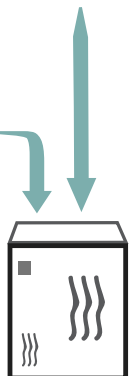
**YOU DON'T NEED TO CHANGE OR RESTRICT YOUR DIET OR MEDICATIONS TO DO THIS TEST.**

1. Unfold and put the large collection tissue paper inside the toilet bowl on top of the water. (Don't use the small absorption pad included in the return envelope - you'll need that for something else later.)
2. Have a bowel movement so that the stool (feces) falls on top of the collection paper.
3. Take a sample of your stool (feces). Here's how:
  - Open the provided sample bottle by gently twisting and lifting the cap straight out. The sample probe should be attached to the green cap. The grooved green tip of the sample probe will be used to take the sample from your stool.
  - **DO NOT EMPTY THE LIQUID IN THE SAMPLE BOTTLE.** This liquid is a preservative and needed by the lab to process your sample.
  - Scrape the surface of the stool (feces) with the sample probe. Be sure to cover the grooved portion of the sample probe completely with stool. This is your stool (fecal) sample.
  - Flush the toilet. (Collection tissue paper will not harm septic systems.)
4. Gently insert the cap with sample probe into the sample bottle. Push in the cap until you hear it click into place. Do not reopen. If some sample has gotten on the outside of the bottle, please wipe it off before mailing the sample bottle to us.
5. Fill in the label on the sample bottle. PRINT your name, Medical Record Number (MRN), and date the sample was collected in the spaces indicated. Circle your gender. Please print clearly and neatly.
6. You must include the date your sample was collected in the **FILL IN DATE OF SAMPLE** section on the lab order form.  
*NOTE: Your sample cannot be processed without a collection date and a lab order form.*
7. Place your sample bottle and small absorption pad inside the small plastic bio-hazard bag. Then insert the plastic bag inside the return envelope provided. Place the lab order form in the same envelope. Seal the envelope. Mail the envelope immediately after collection (within 3 days).



FILL IN DATE OF SAMPLE

MONTH	DAY	YEAR
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*If you have any questions or need help using this test kit,  
please call your medical office Adult Medicine appointment phone number.*

*Thank you for helping us keep you healthy!*