• Keep out of reach of children.
• Do not carry out the test with bleeding haemorrhoids or menstruation until 3 consecutive days without blood loss have elapsed.
• Avoid contamination of the faeces with urine.
Remove the tube from the green bag.

Peel the barcode off the top left corner of your letter.

Introduce the tip of the swab into the faeces and slide the tip around drawing horizontal and vertical lines.

A small quantity of faeces is sufficient.

Stick the label on the flat part of the tube. Do not stick it around the tube, diagonally across it or on the green cap.

Place a sheet of toilet paper in the toilet bowl and if possible sit facing the wall.

Unscrew the green cap and withdraw the swab.

Insert the green swab into the tube, close it tightly and shake.

Store the labelled tube in the green bag and take it to your health centre as soon as possible. You can keep it in your refrigerator for a maximum of 3 days if you are unable to hand it in immediately.

Once the sample has been labelled and collected place it in the container at the entrance of your health centre.