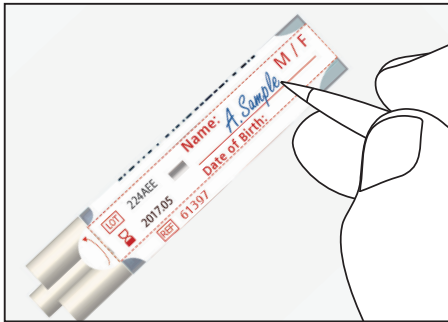


ToHealth FIT Collection Instruction Leaflet

How to collect your sample



- 1** Write your name and date of birth on the label as shown here.



- 2** Write your name and date of birth AND the date that the sample was taken on the label on the green bag.



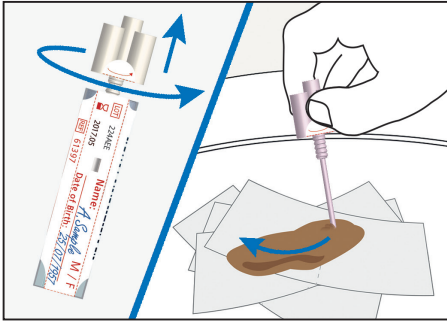
- 3 HOW TO CATCH THE SAMPLE** It is important that your stool sample does not touch the toilet water. There are different ways to collect your sample, try:

- A. Several layers of folded toilet paper
- B. Hand inside a small plastic bag/glove
- C. A clean disposable container

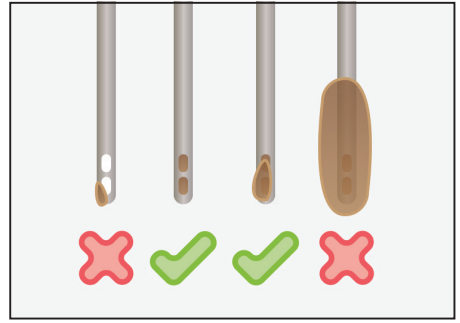
You may find a way that is easier for you, but make sure you catch your stool sample before it touches the water.

NB: Please write the date of sample on the green bag.

Instructions continued overleaf...



4 COLLECTING THE SAMPLE
Unscrew the top of the sample tube anti-clockwise and scrape the end of the stick along the stool sample.



5 Ensure that the end of the stick is covered in sample but do not coat the rest of the stick. Replace the stick into the device and twist clockwise to close securely. Only do this ONCE.



6 PACKAGING THE SAMPLE
Place your sample tube into the green plastic bag and press along the seal.



7 Place the green sample bag AND the request form provided, inside the prepaid padded envelope. Remove the covering strip and fold the top over to seal securely.

Please check you have completed all the steps and post immediately.

Your test result will be returned to you in 7 - 10 working days.
If you have not heard within 2 weeks please contact us.