

PREVENTION IS BETTER THAN CURE

- Do not carry out the test if you have bleeding haemorrhoids or menstruation. In this case you should wait for 3 days with no blood loss before doing the test.
- Avoid contamination of the faeces with urine.
- It is not necessary to be fasting or follow any diet before doing the test.
- Taking medication does not interfere with the test.
- Do not ingest the liquid in the tube. If this liquid comes in contact with the eyes, mouth or skin, wash the area with abundant water and if necessary consult your doctor or usual pharmacist.
- Keep the tube out of the reach of children.
- Notify the Programme in the case of losing the tube or any inconvenience suffered during the sample taking.

More information at:

The Institute of Public and Occupational Health of Navarra

Programme for Early Detection of Colon Cancer

Francisco Bergamin 2 bis, 31003 Pamplona

Tel. 848 423498

Informative Translation based on the original text of the Institute of Public and Occupational Health of Navarra



INSTRUCTIONS FOR SAMPLE TAKING

TEST TO DETECT OCULT BLOOD IN FAECES

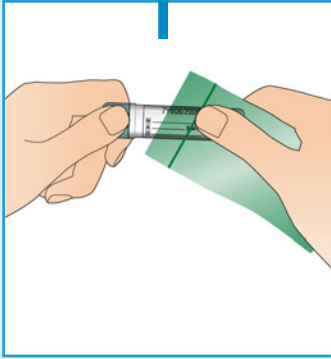
ELIGE90
EARLY DETECTION
OF COLON CANCER
PROGRAMME

 **Gobierno
de Navarra**

INSTRUCTIONS FOR SAMPLE TAKING

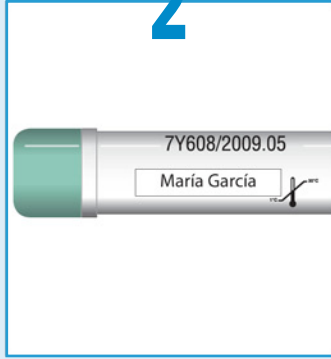
OC-SENSOR

1



Remove the tube from the bag.

2



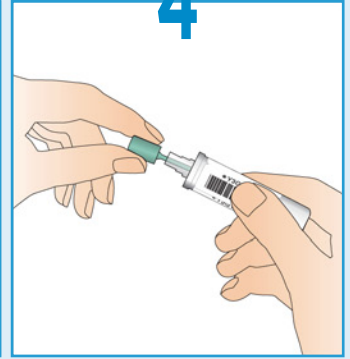
Check that the tube has your name on it.

3



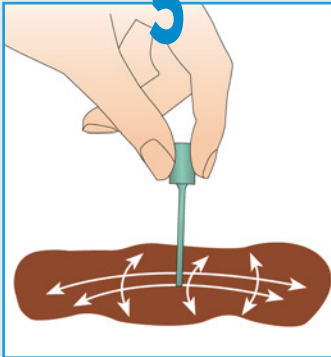
Place a sheet of toilet paper in the toilet basin and if possible sit facing the toilet.

4



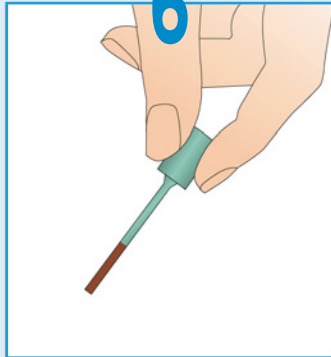
Unscrew the green cap and withdraw the swab.

5



Place the tip of the swab in contact with the faeces and slide the point, drawing horizontal and vertical lines.

6



A small quantity is sufficient for the sample.

7



Insert the green swab into the tube, close firmly and shake for a few seconds.

8



Store the tube in the bag and keep in the fridge (not the freezer) until you can take it to the Health Centre (no later than 3 days).