Step by Step Instructions:

1. Write your name and date on the sample bottle.
2. Place collection paper or several layers of toilet paper inside toilet bowl on top of water. Deposit stool sample on top of paper.
3. Open sample bottle by twisting and lifting the green cap.
4. Collect a sample by scraping the green stick over the surface of the bowel movement.
5. The grooved end of the stick has to be covered with fecal sample. Insert the stick back into the tube and push the green cap close (click the green cap on tightly). Do not repeat, do not reopen.
6. Shake the closed sample bottle vigorously up and down several times and place the sample bottle in the green plastic bag.
7. Return sample bottle as soon as possible to the screening-center/your doctor — a rapid sample return time provides best security of your sample.