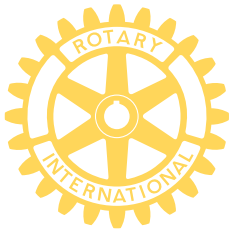


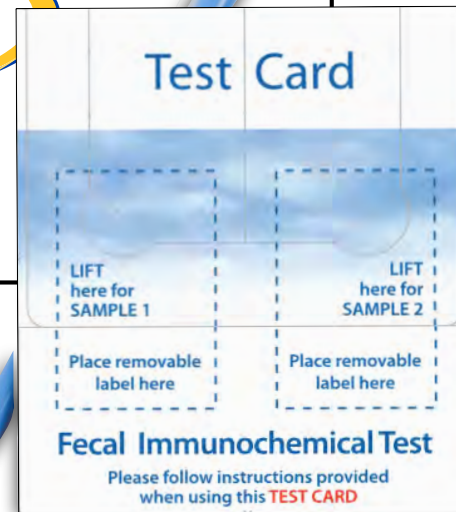
Introducing the new BowelCare kit



Bowel Screening Test Kit



A project of the Rotary Club of East Gosford and adopted by Rotary Clubs across Australia



What's inside the new BowelCare kit



Instruction sheet

Reply paid envelope

Test Card

Patient Information Sheet

Brush kit: contains 2 brushes & 2 waste bags

Outer envelope



Delivery Address:
Locked Bag 2079
NORTH RYDE NSW 1671

Clinical Genomics
Pathology Lab Resulting
Reply Paid 60475
NORTH RYDE NSW 1671

Information Sheet
Please return this form with your Test Card



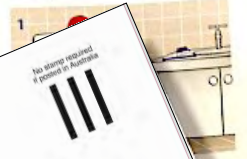
Bowel Screening Test Kit



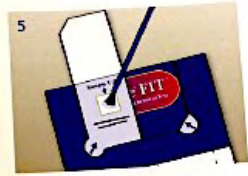
A project of the Rotary Club of East Coastland and adapted by Rotary Clubs across Australia

- Using the second blue brush, blue waste bag and the Test Card flap marked "SAMPLE 2", repeat steps 1 to 5 as shown.
- Use the second barcode label to reseal flap marked "SAMPLE 2".

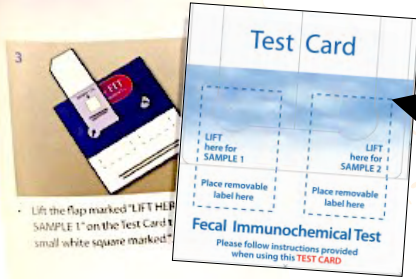
SAMPLE 1 Your first bowel movement



- After your bowel movement, **DO NOT PLACE USED TOILET PAPER IN THE TOILET BOWL.** Instead put the used toilet paper in one of the blue waste bags from the Brush kit envelope.
- **DO NOT FLUSH** the toilet.



- Transfer the **WATER** sample by gently dabbing the bristles of the brush onto the small white square on the Test Card for about five seconds (some staining of the square may occur).
- Put the used brush in the blue waste bag and put the bag in your rubbish bin.

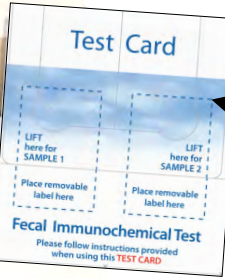


- Lift the flap marked "LIFT HERE SAMPLE 1" on the Test Card to reveal the small white square marked "1".



- See step 5 to see how to use the brush to transfer the sample to the Test Card.

Test Card



Not For Internal Use
Do not reuse
Clinical Instructions for use
For in vitro diagnostic use
Part Number 1302

- 2 Brushes
- 2 Waste Bags

Keep Out of Reach of Children

Brush Kit
For Use With the ColoVantage Home Test
Fecal Immunochemical Test

- Complete the Information Sheet including payment details.
- Place the Test Card and Information Sheet in the Reply Paid Envelope.

Manufactured for BowelCare Australia Pty Ltd
A Clinical Governance Company

Results will be made available to you and your nominated doctor.

Using the new BowelCare kit



A Community Health Awareness Programme supported by Australian Rotary Health.



What does this test detect?

This test detects traces of blood that may be released from colorectal diseases such as cancer and pre-cancerous growths in the bowel motion. Conditions such as colitis, diverticulitis, haemorrhoids and fissures may also cause bleeding.

Before you start

First, make sure you have the elements you need:

- The Test Card
- The Brush Kit
- The Information Sheet, which has two barcode labels on it.

Second, read all the instructions before beginning.

An instructional video is available at: <http://goo.gl/Dz8MT7>

Tips for completing the test successfully

- + You require two separate bowel movements to complete the test.
- + Barcode labels are found on the Information Sheet.
- + You do not have to avoid any foods or medications.
- + If you have any cleaners or bluing agents in your toilet bowl or tank, remove them, flush the toilet twice then begin the test.
- + After completing the test, ensure the Test Card is stored at room temperature or below (less than 37°C) prior to posting.

Need some help?

If you have any questions please contact the Bowel Screening Helpline on 1300 100 137.

DO NOT perform the test if:

- You have haemorrhoids (piles) that are bleeding.
- You have blood in your urine or there is blood visible in the toilet bowl or in the stool. In this case you should contact your doctor.
- It is within three days before, during or three days after your menstrual period.
- You have bleeding cuts or wounds on your hands.
- Your toilet bowl water is saltwater or rusty.
- The Test Card has passed its Expiration Date, or the Test Kit is damaged, dirty or appears to have been tampered with in any way.

Any of these conditions may cause a wrong result.

If you have any concerns please contact your health professional or the Bowel Screening Helpline on 1300 100 137.



Test Kit Instructions

Bowel Screening Saves Lives

If you have any questions please contact the Bowel Screening Helpline on 1300 100 137

If you have any questions please contact the Bowel Screening Helpline on 1300 100 137

Using the new BowelCare kit

SAMPLE 1 Your first bowel movement



- Take these instructions, your Information Sheet with the barcode labels, Brush Kit and Test Card into the bathroom.
- Flush the toilet **BEFORE** your bowel movement.



- After your bowel movement, **DO NOT PLACE USED TOILET PAPER IN THE TOILET BOWL**. Instead put the used toilet paper in one of the blue waste bags from the Brush Kit envelope.
- **DO NOT FLUSH** the toilet.



- Lift the flap marked "LIFT HERE FOR SAMPLE 1" on the Test Card to uncover the small white square marked "SAMPLE 1".

2 separate bowel movements required

Using the new BowelCare kit



- Using one of the blue brushes, gently brush the surface of the stool (faeces) for about five seconds.
- If the stool is loose, simply stir the water around the stool.
- Remove the brush from the water and gently shake it once to remove excess water and any clumps of stool.



- Transfer the **WATER** sample by gently dabbing the bristles of the brush onto the small white square on the Test Card for about five seconds (some staining of the square may occur).
- Put the used brush in the blue waste bag and put the bag in your rubbish bin.



- Close the flap back over "SAMPLE 1" and stick the flap down using one of the barcode labels located on the Information Sheet.
- See diagrams above for the correct way to position the label.
- Refrigeration of the test card **IS NOT REQUIRED** between collecting samples.

Only collect toilet water on stool surface - no faecal matter!

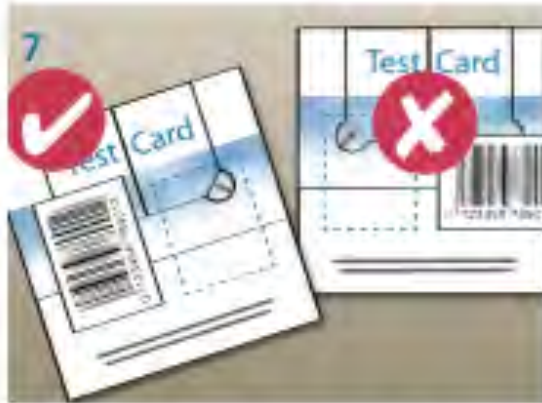
Dab toilet water onto test card then seal down with sticker

Using the new BowelCare kit



SAMPLE 2 Your second bowel movement

This sample must be from a different bowel movement. Since bleeding may not occur all of the time, a second bowel movement is sampled to increase the chance of detecting blood.



- Using the second blue brush, blue waste bag and the Test Card flap marked "SAMPLE 2", repeat steps 1 to 5 as shown.
- Use the second barcode label to reseal flap marked "SAMPLE 2".



- Complete the Information Sheet.
- Place the Test Card and Information Sheet in the Reply Paid Envelope.
- **DO NOT RETURN THE ENVELOPE TO THE PHARMACY.**



- Mail the envelope so it is received by the lab within 14 days of the date you collected SAMPLE 1.
- Your results will be provided to you and your nominated doctor.

Repeat for sample 2 from a separate bowel movement

Complete ALL details and mail test card and information sheet in prepaid envelope

The new BowelCare kit

- Key points to remember

No faecal sampling

Collect toilet water only by brushing gently along surface of the stool

No dietary restrictions

The test is not affected by either diet or medication

Reply paid return of kit

Ensures a quick result with no need to return to the pharmacy

Don't overdo the sample

‘More’ is not better! Remember the the sample is toilet water, not faecal matter. Oversampled test cards cannot be processed.

View the instructional video

<http://goo.gl/DzBMT7>

