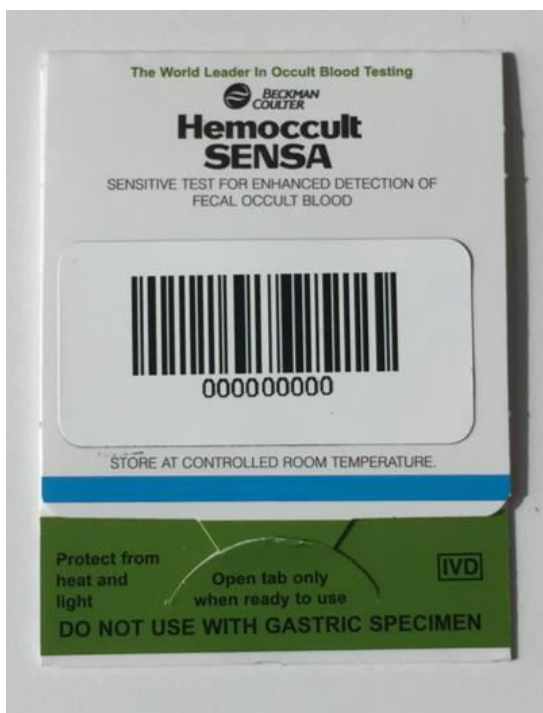


## Appendix A

### Sampling Instructions

Do not open the FOBT card until you are ready to sample.



EXAMPLE: OUTSIDE OF FOBT CARD



EXAMPLE: INSIDE OF FOBT CARD

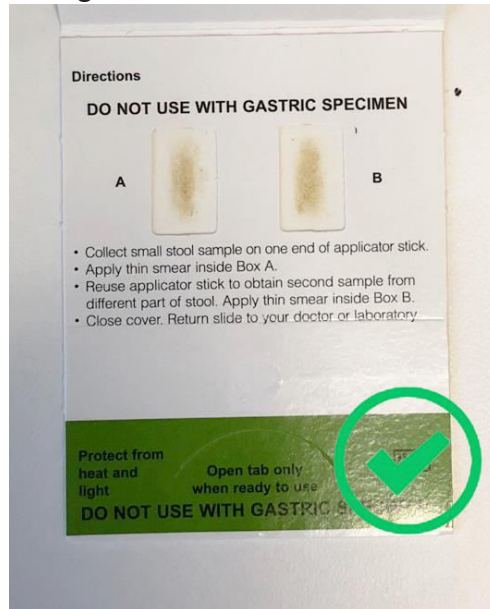
1. Once you have completed bowel movement, wipe yourself with a toilet paper.  
**DO NOT USE THE FOBT CARD TO WIPE.**
2. Open the red-capped tube, then rub both swab tips on the fecal specimen from the toilet paper. Collect a small amount, saturating half the swab at maximum. The ideal amount of biomass collected is shown in the figure below.



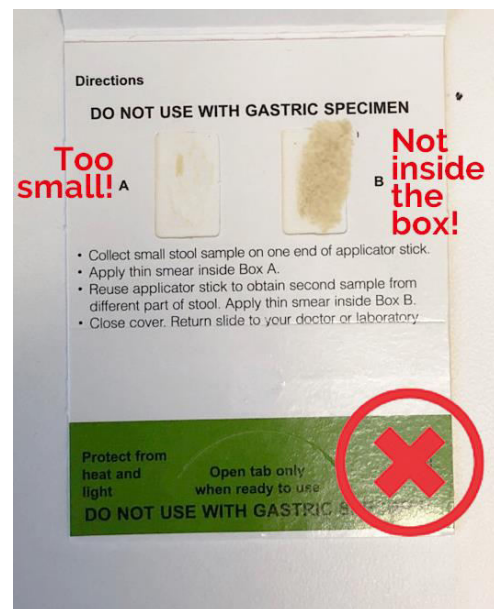
DIFFICULTY WITH OBTAINING FECAL SPECIMENS: If your stools are hard and you are unable to get a sample with toilet paper, use the "catch and release" method using 2-4 paper towels. Rub both sides of the cotton swabs on the stool to get a light smear.

3. On the inside of the FOBT card: Apply a thin smear to the box next to the letter "A". Using the same swab, apply a thin smear to the box next to "B".

The picture on the left shows a good FOBT card that has a thin smear. The picture on the right shows how NOT to smear.



**EXAMPLE OF A GOOD FOBT CARD.**



**EXAMPLE OF A BAD FOBT CARD**

4. Seal the card by inserting the front tab into the green flap.
5. Record the sample time and date above the barcode on the outside of the card.
6. Dispose of the red-capped tube. Place the FOBT card and silica gel pack into the provided resealable bag.
7. Reseal the bag and place it into the return envelope provided. Some return envelopes may be pre-paid & pre-labeled.
8. Seal the return envelope and send it back through regular mail.



**EXAMPLE: An FOBT card and silica gel pack sealed, ready to be sent back in the return envelope!**