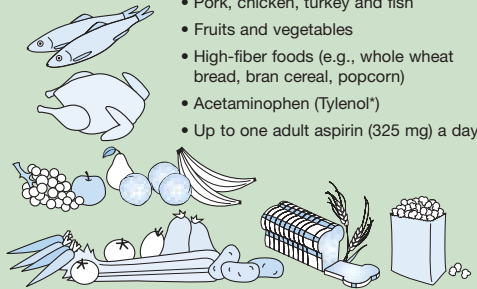


Patient Instructions: READ COMPLETELY

1

FIRST: Preparation before taking the test

OKAY TO EAT!



- Pork, chicken, turkey and fish
- Fruits and vegetables
- High-fiber foods (e.g., whole wheat bread, bran cereal, popcorn)
- Acetaminophen (Tylenol[®])
- Up to one adult aspirin (325 mg) a day

AVOID!



- 7 days prior and during testing:**
- No more than one adult aspirin (325 mg) a day
 - No other non-steroidal anti-inflammatory drugs such as ibuprofen (Motrin[®], Advil[™]). NOTE: Please talk to your physician or pharmacist if you have any questions about medications you take regularly.
- 3 days prior and during testing:**
- No red meat (beef, lamb, or liver)
 - No more than 250 mg vitamin C a day from supplements, and citrus fruits and juices. An average orange contains approximately 70-75 mg vitamin C. 100% of the recommended daily allowance of vitamin C is 60 mg. NOTE: Some iron supplements contain vitamin C in excess of 250 mg.

* Tylenol & Motrin are registered trademarks of McNeil Consumer & Specialty Pharmaceuticals
** Advil is a registered trademark of Wyeth Consumer Healthcare

2

SECOND: Taking the test on 3 different days

IMPORTANT

- Do not take test if blood is visible in your stool or urine (e.g. menstruation, active hemorrhoids, urinary tract infection).
- Remove toilet bowl cleaners from toilet tank and flush twice before collecting stool.
- For best results, prevent stool from contacting toilet water. Other clean, dry containers may be used if desired.
- Protect Test Card from heat, light, and volatile chemicals (e.g. ammonia, bleach, bromine, iodine, and household cleaners).

- 1 Write your name, ID# (if known), and physician's name on front of Test Card.
- 2 Fill in Day 1 Collection Date. Open Day 1 flap.
- 3 Urinate before bowel movement, if possible. Collect stool using one of the options below.



Tissue + Plastic Wrap (preferred)



- Flush toilet.
- Obtain 2 foot piece of plastic wrap (not included).
- Lift lid and seat of toilet.
- Secure plastic wrap across back half of bowl, allowing middle to hang down just above water.



- Unfold tissue (provided) halfway.
- Place tissue on top of plastic wrap.
- Lower seat.



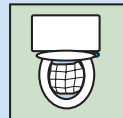
- Have a bowel movement.

Go to 4.

OR Tissue Alone



- Flush toilet.
- Unfold tissue (provided) completely.
- Float tissue on surface of water.

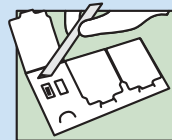


- Allow edges to stick to sides of bowl.

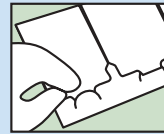


- Have a bowel movement.

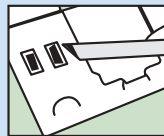
Go to 4.



- 4 Obtain a small stool sample with provided Applicator Stick. Apply thin smear in box A.



- 6 Close flap. Store Test Card in this paper envelope. Let dry. Do not store smeared test card in any moisture-proof material (e.g., plastic bag).



- 5 Reuse Applicator Stick to obtain a 2nd sample from a different part of stool. Apply thin smear in box B. Flush tissue and stool ONLY. Discard stick and plastic wrap (if used) in waste container.



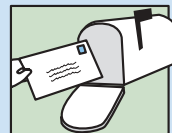
- 7 Repeat steps 2 through 6 for Day 2 and Day 3.

3

THIRD: Returning the test

IMPORTANT

Current U.S. Postal Regulations prohibit mailing completed Test Cards in this or any other standard paper envelope.



1. Insert completed and overnight air-dried Test Card into enclosed U.S. Postal Service approved Mailing Pouch.
2. Peel tape from flap. Fold flap over. Press firmly to seal.
3. Deliver or mail sealed Mailing Pouch to your physician or laboratory within **10 days** of Day 1 Collection Date.