



Important!

- Follow these instructions carefully.
- Collect stool (poop) samples 3 days in a row. If you do not have daily bowel movements (poops), complete the test within a week.
- Mail the samples within **7 days** of starting the test.
- Contact us for another test if you need to start over.

Do not collect samples if you:

- can see blood in your stool - in this case see your doctor or nurse.
- are within 3 days before or after your menstrual period.
- have just had a colonoscopy or will be having one in the next few months.

Diet and Medication

ColonCheck **does not** require you to stop eating red meat or to stop taking your medications.

Continue to eat your usual diet **except** for Vitamin C as large amounts may hide blood that is in the stool.

For 3 days before and during the time you do the test, avoid Vitamin C in excess of 250 mg/day from foods, drinks and/or supplements.

Some examples of foods high in Vitamin C are peppers, strawberries, fruit juices, oranges, and broccoli. Vitamin C is in many foods. Call us or visit GetCheckedManitoba.ca for a more complete list. Some multivitamins and iron pills contain Vitamin C so read the label.

A Prepare the test card



1. Write your name and date on section 1 of the card.

B Prepare the toilet

1. Flush the toilet and allow the bowl to refill. (Do not use toilet bowl cleaners while you are doing the test.)
2. Lift the toilet seat up.
3. Unfold 1 flushable toilet bowl liner, float it on the surface of the water, and allow it to stick to the sides of the toilet bowl.
4. Put the seat down and have a bowel movement. Your stool will fall onto the toilet bowl liner. Do not worry if a small amount of toilet water or urine (pee) falls onto the liner.



Option: Use a clean disposable container or paper plate instead of the toilet bowl liner provided.

C Collect stool samples

1. Open front flap of section 1 of the card.
2. Use one of the sticks to get a small sample of your stool.
3. Cover the entire area of box A with a thin smear of stool.



See other side →

C Collecting stool samples

- Using the same stick, collect a second sample from a **different** part of your stool.
- Cover the entire area of box B with a thin smear of stool.



D Finishing up



- Flush stool and toilet bowl liner.
- Throw stick into garbage.
- Wash your hands.
- Close front flap of section 1.
- Store your card in **Envelope A** in the bathroom until your next bowel movement. Do not seal yet.

E Repeat

- Repeat all steps A-D** for the next 2 days.

F Return the test

- Review and **mail** the test.

MAKE SURE YOU HAVE FILLED IN:

- the yellow Response Form.
- your name and the collection dates on the flaps of all 3 sections of the collection card.

NOW YOU ARE READY TO:

- fill in the label on **Envelope A**.
- put the completed card in **Envelope A** and seal it.
- put **Envelope A** and the completed yellow Response Form in the brown postage-paid envelope.
- mail the brown envelope today!

DO NOT TAKE TO YOUR LOCAL LAB OR DOCTOR'S OFFICE.



Get  CheckedManitoba.ca

1-855-95-CHECK Interpreter services available.
ColonCheck@cancercare.mb.ca

Veillez nous contacter pour obtenir ces renseignements en français.

For help or to view these instructions in French, Chinese, German, Punjab, Tagalog or Vietnamese visit our website or contact us.

