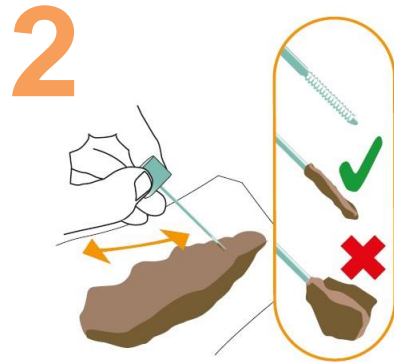


# Instructions on how to use your test kit



- Write the date on the sample bottle in biro
- Use a container or layers of toilet paper to catch your poo
- Do not let your poo touch the toilet water



- Twist cap to open the sample bottle
- Collect sample by scraping the stick along the poo until all grooves are covered
- We only need a little poo to test – **please do not add extra!**



- Put the stick back in the bottle and 'click' the cap to close it
- Do not reopen the bottle after use
- Please wash your hands after use



- Make sure you have written the date on the sample bottle
- Put the sample bottle in the return envelope supplied
- Peel off the tape, seal the envelope and post.

**Please post as soon as possible**