

Haemoccult®

Faecal Occult Blood Test

Important:

- With this test your doctor will be able to detect non-visible (occult) blood in your stool.
- Prevent stool from contacting toilet water. A folded page of newspaper may be used to cover the water surface before a bowel movement. After sampling, flush 2-3 times.
- High intake of Vitamin C may inhibit the positive results: Therefore don't take added Vitamin C for 3 days before and during the sampling period.
- For the same 6 or more days we recommend food rich of fibre, i.e. to include into your nutrition vegetables, salads, nuts, bran cereal or whole wheat bread.
- Usually the test takes 3 days, because samples from 3 consecutive days with bowel movements are needed. Please follow the instructions for use given on the inside. When samples are applied to all 3 test cards, return the paper bag with the 3 test cards to your doctor.

Wichtige Hinweise:

- Mit diesem Test kann der Arzt feststellen, ob für das Auge nicht erkennbares, d.h. verborgenes Blut im Stuhl vorhanden ist.
- Der Stuhl sollte möglichst nicht ins Wasser fallen. Wenn Sie ein Toiletten-WC benutzen, decken Sie bitte vor dem Sitzen den Wasserspiegel mit einem geeigneten Blatt Zeitungspapier ab. Anschließend 2-3 mal spülen.
- Zuvor Vitamin C könnte ein positives Testergebnis verhindern. Deshalb an den 3 Tagen vor und dann während der Testtage keine Vitaminpräparate oder Nahrungsmittel mit Vitamin C einnehmen.
- Wir empfehlen Ihnen, an diesen Tagen eine nahrungsmittelmittlere Kost zu essen, indem Sie Obst, Gemüse, Getreide, Hülsen, Vollkornbrot oder Vollkornmehl in die Nahrung einbeziehen.
- Der Test dauert mindestens 3 Tage. An 3 aufeinanderfolgenden Tagen mit Stuhlgang entnehmen Sie jeweils 2 Stuhlproben. Bitte decken Sie gleich bei der Durchführung recht der inneren Oberfläche des beschriebenen Testfeldes im Rückgabebeutel an Ihren Arzt zurück.



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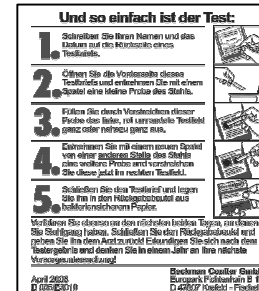
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The test is simplicity itself:

1. As each test card is used, write your name and the date on the back.
2. Open the front flap of one test card and take a pea-size sample of stool with one of the cardboard applicators.
3. Spread the sample on the left red-bordered square, covering it almost completely.
4. From another part of the stool, take a 2nd sample with a new applicator and spread that sample in the right square.
5. Close the test card.
Store it in the return bag made of bacteria-proof paper.

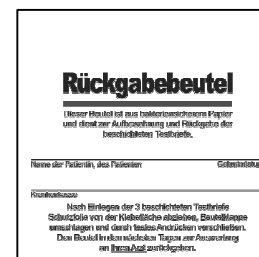


Repeat all steps on the 2nd and 3rd day with bowel movements using the remaining 2 test cards. Close the bag containing 3 test cards and **return it to your doctor!** Ask to get informed about the test result and remember to repeat the test after 12 months.



Zur Entnahme der Testbriefe hier abreißen!

Please tear off to open!



Return bag

This bag is made of bacteria-proof paper and shall be used for storage and return of your 3 test cards.

Name of patient _____ Date of birth _____

Health insurance company _____

When all 3 test cards are filled with faecal samples and put into the bag, tear off foil and press the flap on the adhesive area to close the bag. Return the bag to your doctor for test interpretation within the next days.