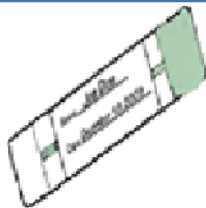
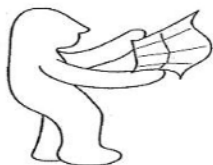


1.



- Note: If you currently have bleeding hemorrhoids or are menstruating, wait until bleeding stops before doing the test
- Check that your correct name and date of birth are on your specimen vial
- **With pen, mark today's SPECIMEN COLLECTION DATE on the vial**
- Pee (if needed) and flush the toilet

2.



- Unfold the tissue paper from the kit

3.



- Place the tissue paper inside the toilet bowl on top of the water

4.



- Poop on the tissue paper

5.



- Open the specimen vial by twisting the green lid off

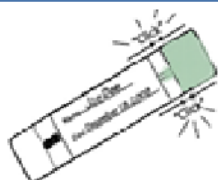
6.



- Scrape the green sampling stick across the surface of the poop covering **ONLY THE GROOVED PORTION** of the sampling stick. **DO NOT OVERFILL!**



7.



- Insert the green sampling stick back into the specimen vial and snap it closed
- **DO NOT REOPEN IT!**
- Flush the toilet (the tissue paper is biodegradable and will not hurt the septic system)

8.



- Place the specimen vial in the plastic bag with the little absorbant paper
- Place the plastic bag in the return envelope provided, seal, and **MAIL WITHIN 24 HOURS**
- ICL will call you to collect payment once your specimen is received at ICL
- Your doctor will receive your results within 2 days of your specimen receipt of your payment
- Any questions? Call 416-422-3000 ext 300