

How to use InSure

(Fecal Immunochemical Test):

Some conditions may cause a wrong result – follow ALL these instructions.

Remember, you should not perform this test if:

- The Test Card has passed its expiration date, the Test Kit is damaged, dirty or appears to have been tampered with in any way.
- You have hemorrhoids that are bleeding.
- You have blood in your urine, or if you see blood in the toilet bowl. In this case, contact your doctor.
- It is three days before, during or three days after your menstrual period.
- You have any bleeding cuts or wounds on your hands.
- Your toilet bowl water is saltwater or rusty.

Read all instructions before beginning.

- You do not have to avoid any foods or medications.
- Eating fruits and vegetables can increase test accuracy.
- Check the “Kit Contents” list on the front of the envelope to be sure you have all of the components.
- If you have any cleaners or bluing agents in your toilet bowl or tank, remove them and flush the toilet twice.

***Also**

- Remember, that this test requires that you collect TWO DIFFERENT AND CONSECUTIVE BOWEL MOVEMENTS.
- The test is designed in such a way that you DON'T have to touch any Fecal matter at any moment, plastic bags and brushes are provided.

If you have any questions or need help regarding the sample collection process, please call us at 805-569-2243.

SAMPLE 1 - Your first bowel movement.



Figure 1:

- Take these instructions, Brush Kit and Test Card into the bathroom.
- Flush the toilet BEFORE your bowel movement.

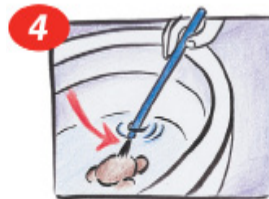


Figure 4:

- Using one of the blue brushes, gently brush the surface of the stool for about 5 seconds.
- If the stool is loose, simply stir the water around the stool.
- Remove the brush from the water and gently shake it once to remove excess water and any clumps of stool.



Figure 2:

- After your bowel movement, DO NOT PLACE USED TOILET PAPER IN THE TOILET BOWL. Instead, use one of the waste bags provided. DO NOT FLUSH the toilet.



Figure 5:

- Transfer the WATER sample by gently dabbing the bristles of the brush onto the small white square on the Test Card for about 5 seconds (some staining of the square may occur).
- Put the used brush into the kit waste bag and throw away in your trash.



Figure 3:

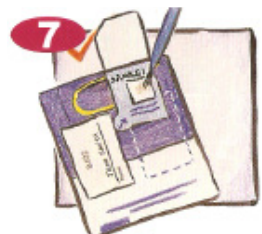
- Lift the flap marked “LIFT HERE FOR SAMPLE 1” on the Test Card to uncover the small white square marked “SAMPLE 1”.



Figure 6:

- For the first sample, print your name, date of birth, and the date the sample was collected on one of the labels below.
- Peel off the label and use it to reseal the flap marked “SAMPLE 1”.
- See diagrams above for correct way to position the label when resealing each flap on the Test Card.

SAMPLE 2 - Your second sample must be from a different bowel movement.



(Since bleeding may not occur all of the time, a second bowel movement is sampled to increase the chance of detecting blood)

Figure 7:

- Using the second blue brush, waste bag and the Test Card flap marked “SAMPLE 2”, repeat steps 1 to 5 shown above.
- Use the other label to reseal the flap marked “SAMPLE 2”.

The Last Step:



Figure 8:

- Mail the envelope to the Cancer Center of Santa Barbara as soon as possible, after you have collected your second sample.
- The results of your test will be sent to you confidentially within 14 days to the address you provided.