

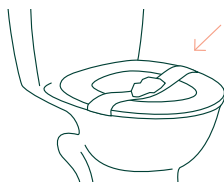
bowel health rapid test

PLEASE NOTE: this leaflet must be used alongside the Instructions for use.

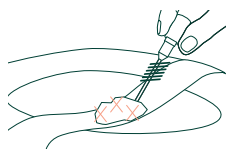
This self-test kit can be used by adults (aged 18 or over), or by those under 18 with the supervision of an adult. This test involves collection of a stool sample, which can be performed at home. This test is not suitable for diagnosis; it is a screener test that gives an indication for human occult blood in stools.

Many diseases can cause hidden blood in the faeces. This is also known as faecal occult blood (FOB), human occult blood, or human haemoglobin. In the early stages, gastrointestinal problems such as colon cancer, ulcers, polyps, colitis, diverticulitis, and fissures many not show any visible symptoms. Typically occult blood is passed in such small amounts that it can be detected only through the chemicals used in a FOB test. When detected early, 9 out of 10 cases of bowel cancer can be treated successfully.

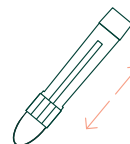
- 1** Collect specimen from stool collection paper.



- 2** Unscrew the cap of the specimen collection tube. Insert the blue applicator into the stool in at least 3 different places.



- 3** Screw on and tighten cap shaking specimen to mix with buffer.



- 4** Break off the tip of the dropper, then transfer 8-10 drops into the reaction tube.



- 5** With arrow pointing toward the extraction buffer, immerse the dipstick. Do not submerge past the maximum line.



Scan for video
instructions and
results guidance



MATERIALS PROVIDED

- Dipstick test
- Specimen collection tube with extraction buffer
- Reaction tube
- Stool catcher
- Product summary leaflet
- Instructions for use

MATERIALS NOT PROVIDED

- Timer
- Specimen collection container




Understanding your bowel health rapid test results

Once you have collected your sample and performed your test, you must wait 5 minutes before you read the results. **Do not interpret the result after 10 minutes.**

Symptoms to look out for:

- A change in bowel habit
- Blood in your stool
- Abdominal pain
- Unexplained weight loss

Read results at 5 mins.

 <p>Positive</p>	<p>A result showing as positive If your test result shows two coloured lines in both the control (C) and test (T) regions, it means occult blood (non-visible blood) has been detected in your stool sample. The intensity of the line in the test (T) region can vary depending on the concentration of blood in the sample, so any visible line should be considered positive.</p> <p>A positive result indicates that you could have a gastrointestinal issue. There are several disorders that can cause bleeding including, ulcers, polyps, colitis, diverticulitis, fissures and sometimes bowel cancer. These conditions may not show any visible symptoms, so it is important positive results are followed up with a medical professional^{1,2}.</p>	<p>What next? This test can only detect the presence of non-visible blood in your stool and not what may have caused it. To understand where it may be coming from you should seek advice from a healthcare professional, who can confirm your result and help you investigate what might be causing the bleeding. They may want to perform an examination of your colon.</p>
 <p>Negative</p>	<p>A result showing as negative If your test result shows one coloured line in the control (C) region but not in the test (T) region, it means that no faecal occult (non-visible) blood has been detected in your stool sample.</p>	<p>What next? It is important to take care of your bowel for a healthy lifestyle. It is a vital part of your digestive system that breaks down the food you eat, absorbs nutrients into your bloodstream, and expels waste your body can't use. Achieving good hydration and a healthy diet full of fibre are the best ways to maintain a healthy bowel. Bowel difficulties can become more common as we get older².</p> <p>It is important to consider that this test should not be used as a diagnostic test, especially if you are still concerned by some symptoms such as diarrhoea, constipation, indigestion, abdominal pain, a change in your bowel habit or pain when you have a bowel movement. You may still have a gastrointestinal issue that warrants closer inspection as these do not always lead to faecal occult blood. Therefore, we would encourage you to seek help and advice from a healthcare professional if these problems persist.</p>
 <p>Invalid</p>	<p>A result showing as invalid If control line (C) fails to appear or only appears next to the test line (T) it is likely there was an insufficient volume of specimen to test, or the incorrect testing procedure was followed.</p>	<p>What next? We recommend that you take another test. If this problem persists, please contact our customer care team at care@myhealthchecked.com for further assistance.</p>

References:

1. Shah, Reena, et al. "Biomarkers for Early Detection of Colorectal Cancer and Polyps: Systematic ReviewBiomarkers for Early Detection of Colorectal Cancer." *Cancer Epidemiology, Biomarkers & Prevention* 23.9 (2014): 1712-1728.
2. Zhou, Elinor, and Samara Rifkin. "Colorectal cancer and diet: risk versus prevention, is diet an intervention?" *Gastroenterology Clinics* 50.1 (2021): 101-111.