

# How to do your FOBT / Poop test

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20

You need 3  
poop samples  
from 3  
separate days.

You need to  
collect the  
samples within  
10 days.



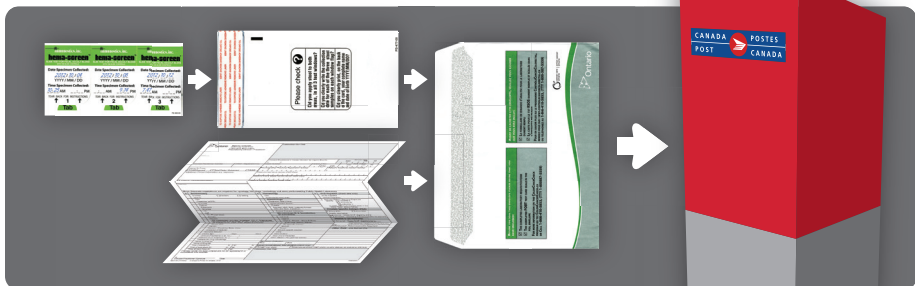
Write the date  
and time of  
poop collection  
on card.



Take 1st sample and  
put on card.

Take 2nd sample and  
put on card. Close card.

Do this again on 3 different days. You are done!



Place completed  
sample card into the  
foil envelope provided.

Place sealed foil envelope and the form  
(paper that has your name and health care  
information on it) into the big envelope  
provided and mail...It's free!

You will receive a letter from the Colon Cancer Check program  
with your results.

Name