

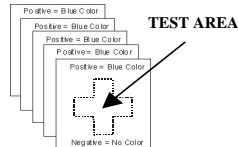
## READ PRECAUTIONS BEFORE TESTING

### WHY TEST YOURSELF FOR STOOL BLOOD?

In their early stages, colorectal diseases such as **cancer, ulcers, hemorrhoids, polyps, colitis, diverticulitis, and fissures** may not show any visible symptoms, even though they may be producing blood hidden in the stool. EZ DETECT can detect this unseen blood and thereby serves as an **early warning signal** of bowel troubles that need medical attention.

### CONTENTS OF THE TEST KIT

You must account for the following items before testing.



5 Test Tissues  
(inside large pouch)



Positive  
Control



Test Result  
Card

### MEDICATION AND DIET

Two days prior to and during the testing period, avoid aspirin containing medicines, anti-inflammatory drugs, and rectal ointments. If you are taking medication, including prescribed doses of iron, check with your physician before testing.

No diet restrictions are required (rare meat and Vitamin C are okay). However, for two days before and during testing, try to eat vegetables, fruits and cereals.

### TEST SUMMARY

There are three steps to the EZ DETECT procedure:

- Step 1.** Water quality check (one time only).
- Step 2.** Stool test (3 consecutive bowel movements).
- Step 3.** Test performance (one time only - positive control is used here).

### PREPARATION FOR THE TEST

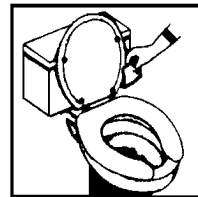
Remove all toilet cleaners, disinfectants or deodorizers from the toilet bowl and tank. Flush the toilet bowl several times before testing. If you are color blind or visually impaired, have someone else read the results.

### PRECAUTIONS

- Do not perform the test during menstrual bleeding, bleeding hemorrhoids, or constipation.
- Store unused test tissues at room temperature and protect from sunlight and moisture.
- Do not ingest or inhale contents of Positive Control Package. Keep out of reach of children.

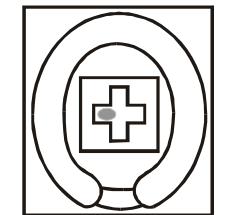
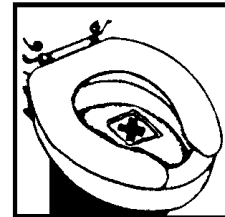
## TEST DIRECTIONS

**Step 1. Water Quality Check:** Cut open the large pouch at the dotted line. Take one test tissue out of the pouch. Float the test tissue on top of the toilet water. Wait 2 minutes. You should see no blue-green color on the test tissue. If there is a blue-green color on the test tissue, wait three (3) days and repeat Step #1 and skip Step #3. (See Common Questions section)



**Step 2. Stool Test:** If necessary, urinate first, then flush toilet.

- a. Have a bowel movement. Do not flush the toilet.
- b. Remove another test tissue from the pouch and float it onto the toilet water. The test tissue does not need to touch the stool. Fold & close the opened end of the pouch to protect the remaining tissues from moisture.
- c. Within 2 minutes, look for a blue-green color on the test area of the test tissue. Record the result on the Test Result Card by marking an "X" for color or no color.
- d. Flush the toilet.
- e. For the second and third bowl movements repeat Step #2 "a" to "d". This completes the stool tests.



Look for any color  
in the cross test area

**Step 3. Test Performance:** This step must be completed in order for your test results to be valid. Flush the toilet. Carefully tear open the Positive Control Package (small foil pouch) and sprinkle its contents into the toilet while the water is filling up in the bowl. Wait one minute, drop the last test tissue into the toilet bowl. Within two minutes, a blue-green cross should appear on the tissue, meaning that your test tissues have worked properly. Wash your hands. Record the result on the Test Result Card.

#### WHAT DOES THE TEST RESULT MEAN?

Any trace of blue-green color visible in the TEST AREA indicates that blood may be present in your stool (a positive test result) meaning that there is a possible condition requiring your physician's attention. However, a positive test result does not always mean that a problem exists, e.g. certain medicines can cause a false result as previously mentioned. No trace of a blue-green color in the cross indicates that at the time of your test there was no detectable blood in the stool.

However, some conditions may not cause bleeding all the time. If you have a negative test, but have one or more of the following symptoms, consult your physician:

1. Diarrhea or constipation lasting longer than two weeks,
2. Unexplained weight loss.
3. Visible blood in the stool.
4. Dark black stool.

#### WARNING

This is a screening test and should not be used to confirm the existence or absence of any disease condition. It is not a replacement for colonoscopy or sigmoidoscopy. If you have any symptoms that concern you consult your physician - even if your test results are negative.

#### COMMON QUESTIONS

##### Q. Why test for water quality?

A. In some regions or on certain days the water may contain substances that interfere with this test and one could get false positive results.

##### Q. What do I do when the Water Quality Check is positive (blue-green)?

A. Wait 3 days, prepare the toilet as in the "Preparation For The Test" section and redo the test from Step #1, but skip Step #3 since you have one less test tissue. If the water check is again positive,

the water in your toilet is unsuitable for this test.

Q. **What does it mean when the result of the Test Performance is orange instead of blue-green?**

A. The Positive Control powder on the surface of the water is not completely dissolved and causes an overreaction with the test tissue. The overreaction appears as an orange or rust color. In this case the test result is considered "positive".

Q. **Is the stool test "positive" when there is only a small speck of blue-green color on the test area?**

A. Yes. Any visible blue-green color in the test area is considered a "positive" result.



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"Authorized Representative"  
according to IVDD 98/79/ EC

For further assistance call (888) 882-7739  
or visit [www.testyourselfathome.com](http://www.testyourselfathome.com)  
EMAIL - [info@testyourselfathome.com](mailto:info@testyourselfathome.com)

## INSTRUCTIONS

Read the Instructions Carefully and  
Completely Before Performing this Test

**EZ DETECT™**

Home Test For Hidden  
Blood in The Stool

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# **EZ DETECT™**

## **FREQUENTLY ASKED QUESTIONS**

### **1. What is the purpose of performing a fecal occult blood test?**

The purpose is to detect occult blood (blood not visible to the naked eye), which indicates bleeding in the gastrointestinal tract. Such bleeding may be a symptom of colorectal cancer.

### **2. Is the test difficult or painful?**

No. This test is very user friendly, and requires no stool collection. The home test includes simple directions for preparing your results card.

### **3. Who should take the test?**

The risk of colorectal cancer is higher among people over the age of 50. In addition, people in high-risk categories for colorectal cancer should take the test. These include:

- Those who have had colorectal cancer
- Women who have had breast cancer, or reproductive tract cancer
- Those who have had benign intestinal polyps
- Those with a parent, sister or brother who have had colorectal cancer

**Note:** Persons with ulcerative colitis and Crohn's disease are at increased risk of developing colorectal cancer; however, different screening methods should be used.

### **4. Should I take the test even if I have no symptoms?**

Yes. Many cancers and polyps do not cause pain or other symptoms on the onset, but can be detected at an early stage by minute quantities of blood in the stool.

### **5. If the test is positive, does it mean I have cancer?**

A positive test means that there may be bleeding in the gastrointestinal tract. Benign conditions such as polyps, hemorrhoids, rectal fissures, or even stomach ulcers can cause bleeding that would give a positive result. Most studies suggest that only 5 to 10 percent of those with positive test results will be diagnosed as having cancer. However, it is imperative that anyone with a positive test result see a physician as soon as possible to determine the cause of the bleeding.

### **6. If I have a positive result, how should I follow up?**

Contact your family physician for an appointment.

### **7. If my test result is negative, does it mean I don't have cancer?**

Not necessarily. A negative test only means that there was no blood detected at that time. Blood in the stool may occur intermittently or not at all. This test is not a substitute for a regular physical and rectal examination by your physician.

**8. Is the stool test “positive” when there is only a small speck of blue-green color on the test area?**

Yes. Any visible blue-green color in the test area is considered a “positive” result. The whole test area does not have to turn blue-green to be considered as a positive result.

**9. If I do not see a color change in any of the test areas, why should I still return the completed reply card to my doctor?**

To establish a physician baseline and to keep your doctor informed

**10. Are diet restrictions required for taking this test?**

No. However, for two days before and during testing, try to eat vegetables, fruits and cereals.

**11. Why should I remove toilet cleaners, disinfectants or deodorizers from the toilet bowl and tank?**

Trace chemicals in the water might interfere with the test.

**12. Why test for water quality?**

In some regions the water may contain substances that interfere with this test and could cause false positive results.

**13. Why should I reseal the foil pouch after removing the first pad?**

To protect the remaining pads from light and moisture.

**14. How long should I observe the EZ DETECT™ pad for a color change?**

2 minutes.

**15. What does it mean if my last test pad does not turn a blue-green color when doing the performance check?**

If your last test tissue does not turn a blue-green color it may be because the powder did not dissolve properly. To dissolve the powder we suggest sprinkling the powder into the toilet bowl *while it is filling up with clean water* to avoid this problem. If you have any problems with the positive control portion of the test, please contact our customer service staff who will be happy to assist you in any way.

**16. What are the chances of survival for someone with colorectal cancer?**

If the cancer is found early and treated properly, more than 90 percent of patients survive five years or more. That’s why taking this test is so important.

**If you are unsure how to take the test after reading the instructions, please call our toll free number, or send us an email to [info@cliawaived.com](mailto:info@cliawaived.com) and one of our customer service representatives will answer any questions you may have.**