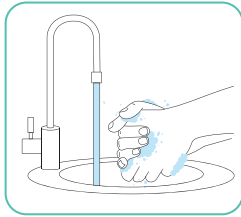


## STEP 8



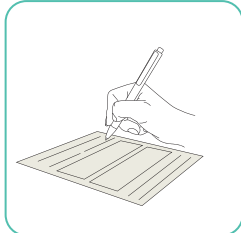
Wash your hands.

## STEP 9



- Insert the tube into the translucent secure pouch.
- Leave the white cloth in place.
- Close the pouch. Remove the strip and seal the pouch closed.

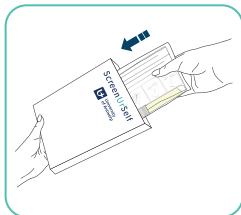
## STEP 10



- Fill in the participation form:
  - with your details
  - with the date you took the sample
  - with the details of your GP

**NB** What if you do not fill in the participation form correctly? In that case you won't get any results.

## STEP 11



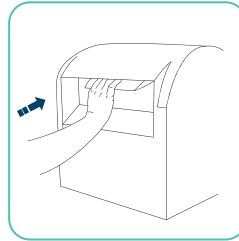
Put the transparent secure pouch with your sample and the completed participation form together in the cardboard box.

## STEP 12



Insert the filled cardboard box into the extra envelope. The address of the lab is printed on the envelope. You do **not** need to stick on a stamp.

## STEP 13



Post the envelope as soon as possible. Is it not possible for you to post your sample immediately? Then store it at room temperature for up to two days.



Colli-Pee® has been developed by Novosanis NV.



Novosanis NV  
medical device company  
Bijkhoevelaan 32c · B-2110 Wijnegem, Belgium  
welcome@novosanis.com  
Subsidiary of Orasure Technologies, Inc.

You can also read this info in French, English, Turkish, Arabic, Polish, Romanian and Russian at:

Je kan deze info ook lezen in het Nederlands op:  
Vous pouvez également lire ces informations en français à l'adresse suivante:

Bilgileri Türkçe olarak şu adresten de okuyabilirsiniz:

یلع ےیزی لجل نإلا ءغل لابل ءرفوت مر تاملول ع مرلا هذه" ءی برع ءمر حرت  
Z tymi informacjami możesz zapoznać się w języku polskim na stronie:

Puteți citi informațiile și în limba română la adresa:

Эта информация также доступна на русском языке на сайте:

[www.ScreenUrSelf.be](http://www.ScreenUrSelf.be)



# ScreenUrSelf

## HOW CAN I TAKE A SAMPLE MYSELF?



Follow these instructions. You can also watch a video at [www.ScreenUrSelf.be/hoe-moet-ik-een-staal-nemen-urine](http://www.ScreenUrSelf.be/hoe-moet-ik-een-staal-nemen-urine)



### First, read this:

- **Only you** may use this kit. The code of the kit is linked to your name. Check that your name on the letter is correct.
- Always keep the kit at **room temperature**. Before and after use.
- Use the kit only once.
- Have you taken a sample? If so, post it as soon as possible. **No later than two days after use**. Do **not** post your sample on a Friday or the day before a public holiday. If you do, it will be left in the post box for too long.
- Two days before taking a sample, stop using **vaginal products** (e.g. ointments, creams). What can you still use?
  - vaginal contraception
  - condoms
  - a water-based lubricant
- Do **not thoroughly** wash your vagina before taking the sample. If you do, you will not be able to collect enough secretions.
- Take your sample at least **one hour** after the last time you went to the toilet.



[www.ScreenUrSelf.be](http://www.ScreenUrSelf.be)

### When should you not take a sample?

- Do not take a sample if the temperature is **hotter than 25 degrees**.
- Do not take a sample if the temperature is **freezing**.
- Do not take a sample during your **period** or within three days after it.
- Do not take a sample if you are **pregnant**.
- Do not take a sample within six weeks of **giving birth**.
- Do not take a sample if the packaging is **damaged**.
- Do not take a sample if the **expiry date** has passed. That date is on the packaging.

### Inside the envelope you will find:

- a **letter**
- the **participation form**: you will find it on the back of the letter
- a **leaflet** with additional info
- a **secure pouch**: a translucent pouch containing:
  - a rectangular white cloth
- an extra **envelope** to return your sample free of charge
- a pouch with **the equipment to take a sample: Colli-Pee**
- a **user instruction sheet** on how to take the sample: you will find it below

### WHAT IS THE COLLI-PEE?

Colli-Pee is a small device that collects the first part of the urine. That part of the urine contains secretions from the vagina, uterus and cervix.

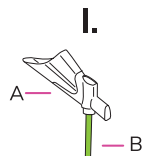
In this part of the urine, we can see if you are infected with the virus that can cause cervical cancer (human papillomavirus or HPV).

### What does the Colli-Pee look like?

- The Colli-Pee comes in a translucent pouch.
- In that pouch you will find:

#### · **one Colli-Pee urine collector**

- Drawing I.: · A. urine collector  
· B. float

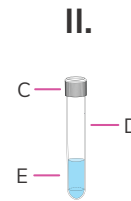


#### · **one tube filled with preservative**

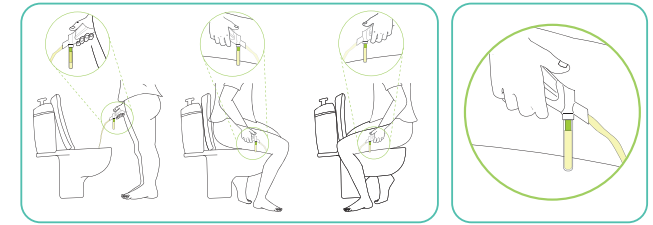
Drawing II: · C. cap

- D. tube
- E. preservative

The preservative must remain in the tube. Do not drink the preservative!

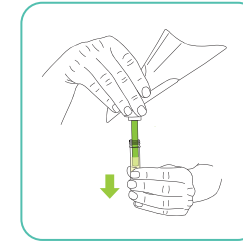


### STEP 4



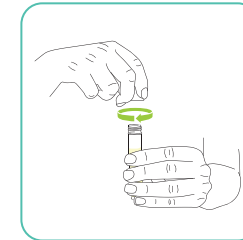
- Sit on the toilet. Or stand in front of the toilet.
- Pee in the urine collector. The device catches the right amount of urine. You do **not** need to stop urinating when the tube is full. Urine that overflows the tube runs down the other side of the urinary spout into the toilet.

### STEP 5



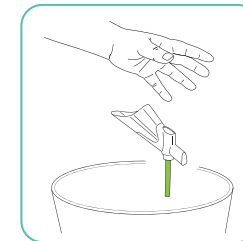
Disconnect the tube from the urine collector.

### STEP 6



Seal the tube tightly. You have to tighten the cap properly.

### STEP 7

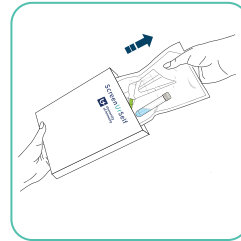


Throw the urine collector in the pmd waste.

### HOW DO YOU TAKE A SAMPLE? STEP BY STEP.

**Tip!** Read the instructions completely before you start.

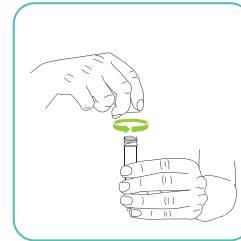
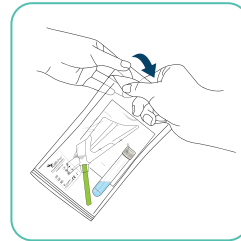
#### STEP 1



- Take the translucent pouch containing the Colli-Pee out of the cardboard box.
- Keep the cardboard box. You will need it to post your sample.

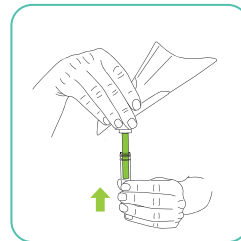
**NB** Take your sample at least one hour after the last time you went to the toilet.

#### STEP 2



- Remove the urine collector and tube from the packaging.
- Unscrew the cap from the tube.

#### STEP 3



Attach the tube to the urine collector.