

## READ PRECAUTIONS BEFORE TESTING

### WHY TEST YOURSELF FOR STOOL BLOOD?

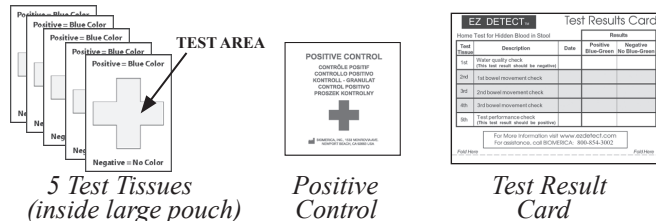
In their early stages, colorectal diseases such as **cancer, ulcers, hemorrhoids, polyps, colitis, diverticulitis, and fissures** may not show any visible symptoms, even though they may be producing blood hidden in the stool. EZ DETECT can detect this unseen blood and thereby serves as an **early warning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

### STORAGE

Store EZ Detect at room temperature (59° - 86°F / 15° - 30°C).

### CONTENTS OF THE TEST KIT

You must account for the following items before testing.



## 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

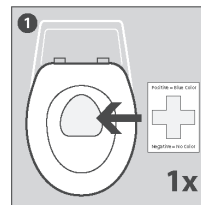
Remove all toilet cleaners, disinfectants or deodorizers from the toilet bowl and tank. Flush the toilet bowl several times before testing. If you are color blind or visually impaired, have someone else read the results.

## 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.

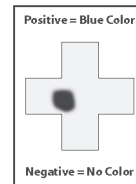
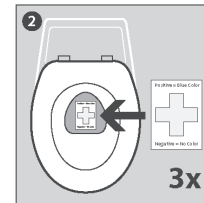
## TEST DIRECTIONS

**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.

- Have a bowel movement. Do not flush the toilet.
- 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.
- 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.
- Flush the toilet.
- 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.

#### WHERE TO SEND THE TEST RESULTS?

Send the completed Test Results Card to your physician if:

1. You have a positive stool test result; or
2. You received this test from a doctor

#### 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.

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. This test is not designed as a test for upper gastrointestinal bleeding.

#### 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 result.

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.

 according to IVDD 98/79/ EC

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For further assistance call (800) 854-3002  
USA only or visit [www.ezdetect.com](http://www.ezdetect.com)



#### INSTRUCTIONS

**Read the Instructions Carefully and Completely Before Performing this Test**

# EZ Detect™

## Home Test For Hidden Blood in The Stool

# BIOMERICA

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