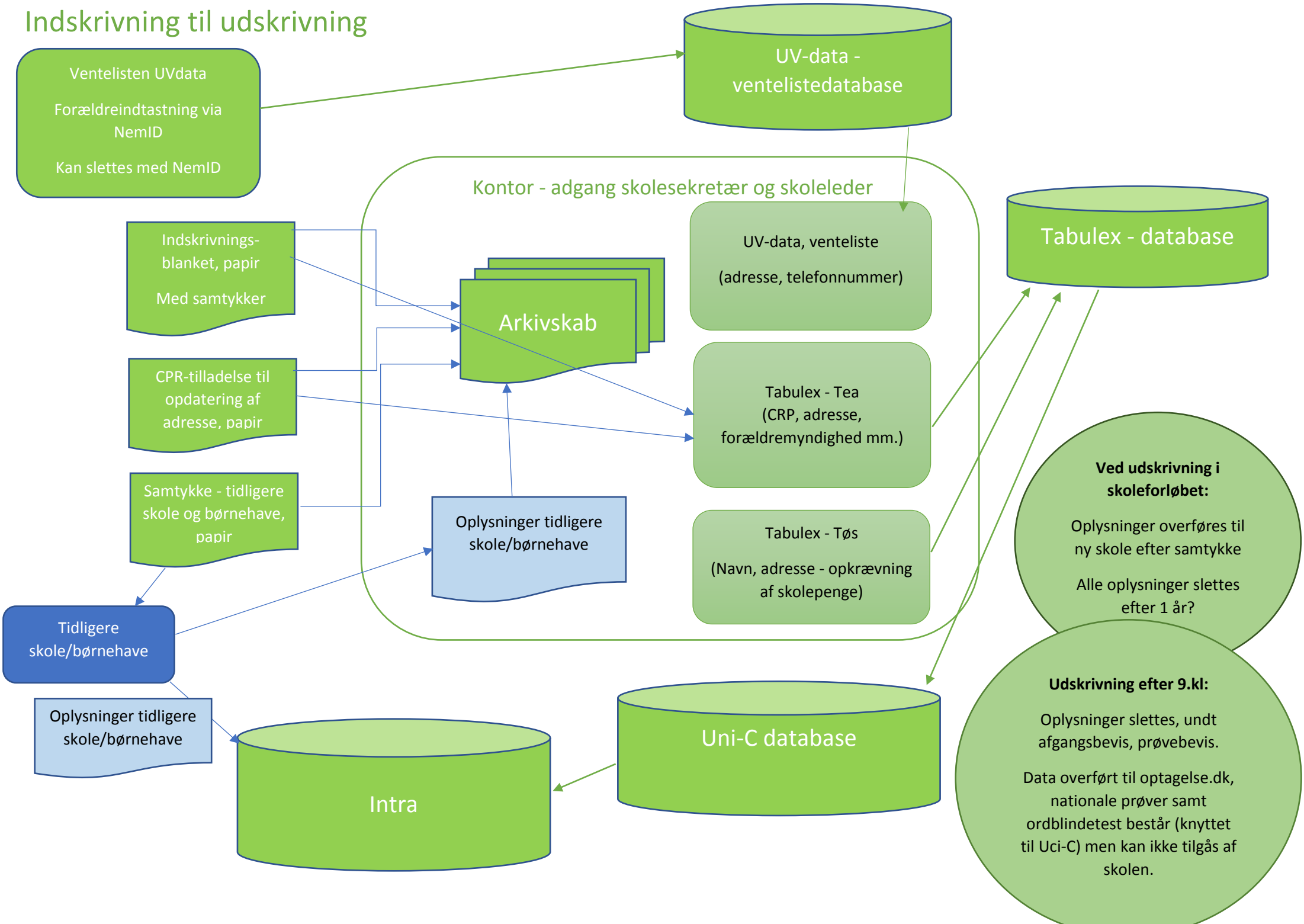Indskrivning til udskrivning