Bowel Cancer Screening

Bowel cancer is a serious disease that can make you very poorly.

Bowel cancer screening is a way to look for small amounts of blood in your poo.

It's a test to see if you have bowel cancer.

It is a very important test that helps find bowel cancer at an early stage.

This booklet tells you how to use the bowel cancer screening kit.

Around the age of 60 you will get a bowel cancer screening kit through the post.

Some people might get it at a younger or older age.

It will look like this. You will also get an envelope and a letter explaining what it is.

stool sample test

To do the test you need to collect a small amount of your poo so it can be tested.

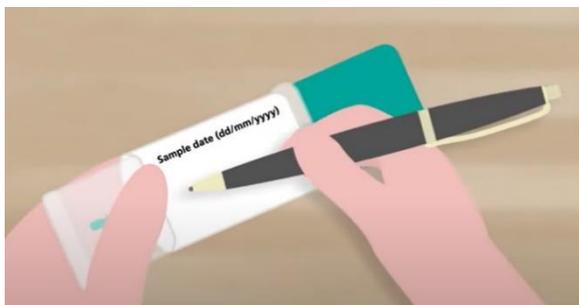You collect your poo in a sample bottle that looks like this picture.

You can collect your poo using some toilet paper and a clean empty container.

Take the clean empty container and the bowel testing kit into the bathroom with you.

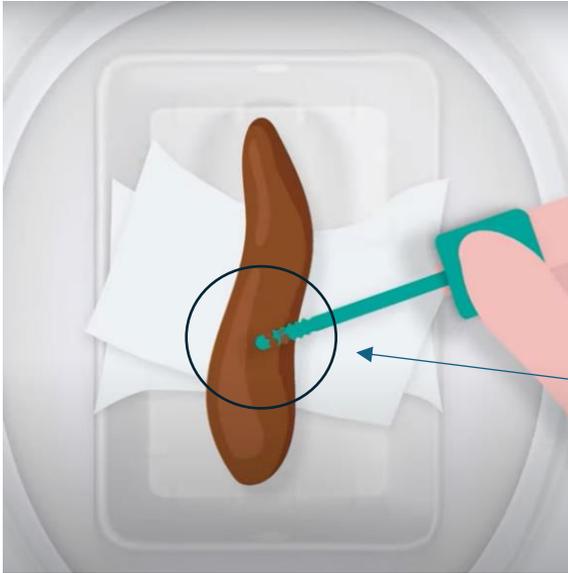Put some toilet paper in the bottom of the container.

Write the date that you're taking the test on the sample bottle.

Before you have a poo, put the container in the toilet so you can catch your poo before it goes into the water.

It is important that you do not let the poo touch any of the toilet water or your wee.

When you have been for a poo open the sample bottle and swipe the stick on the poo that's in the container.

Swipe the stick until all the gaps are filled with poo.

This will collect a sample of your poo.

Put the stick back inside the sample bottle and make sure the lid is closed tight.
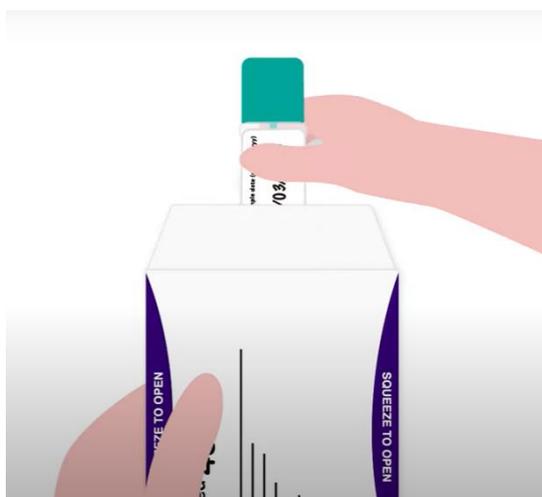
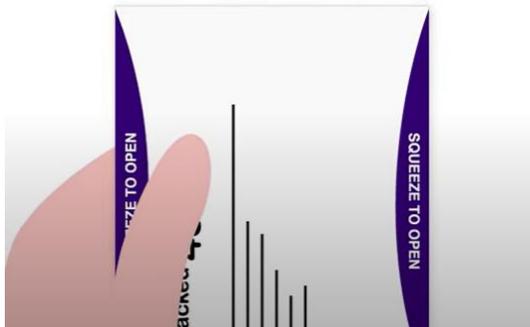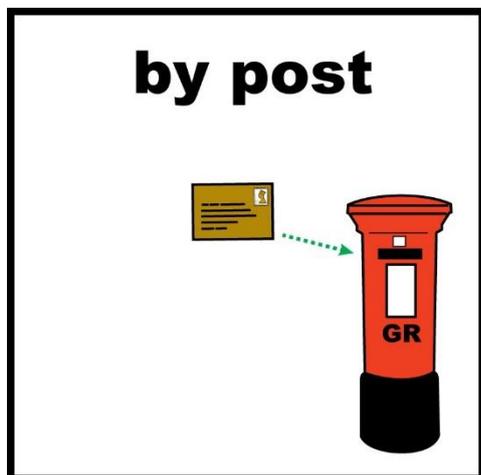| **flushing toilet** | You can now tip the poo that's in the container into the toilet and flush it away. |
| **wash hands** | Now wash your hands with soap. |
| SQUEEZE TO OPEN | Put the sample bottle in the envelope that came with the test kit. |

close the envelope.

Peel off the sticky tape and close the envelope.

by post

Put the envelope in a post box as soon as possible.

letter

You should get your results by letter in 14 days.