HOW TO DO THE BOWEL SCREENING KIT

1. Get ready – collect what you need to catch your poo before you sit on the toilet.

2. Take the kit and two white sticks out of the envelope. Leave the side DO NOT OPEN sealed. Write the date you collect your poo on the 1st flap.

3. Collect your poo, making sure it doesn’t touch the toilet water – this could affect the result. Use one of the sticks to take a small bit of the poo, and smear it on the 1st window. Use the 2nd stick to put a different bit of poo on the 2nd window.

4. Throw the two sticks in the bin and store your kit in a cool, dry place away from light. You could put it in a plastic container until next time.

5. Repeat the process two more times. You will need to add samples from two more poos within 10 days.

6. Put the kit in the prepaid envelope provided and post it back. You should get your results within two weeks.

Remember, if you get an abnormal result, it could be down to lots of different things. It doesn’t necessarily mean cancer. But if it is cancer, catching it at an early stage means it is easier to treat successfully.
TIPS FOR COLLECTING YOUR POO

Here are some ideas of ways to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest?

- Cling film over the toilet (remember to leave a dip)
- A carton that grapes come in
- Folded toilet paper in your hand
- A plastic bag over your hand, or a glove
- A clean empty margarine or ice cream tub
- A clean empty takeaway container

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