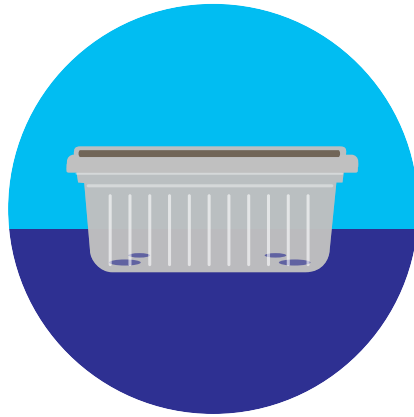


TIPS FOR COLLECTING YOUR POO

Here are some ideas 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



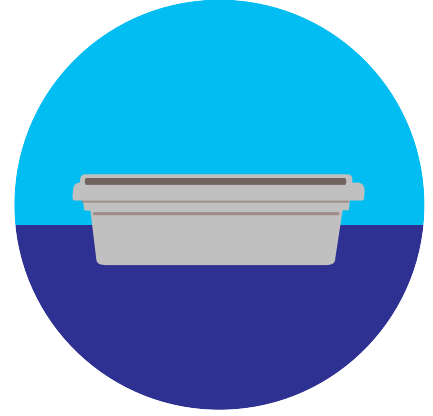
Folded toilet paper in your hand



A plastic bag over your hand, or a glove

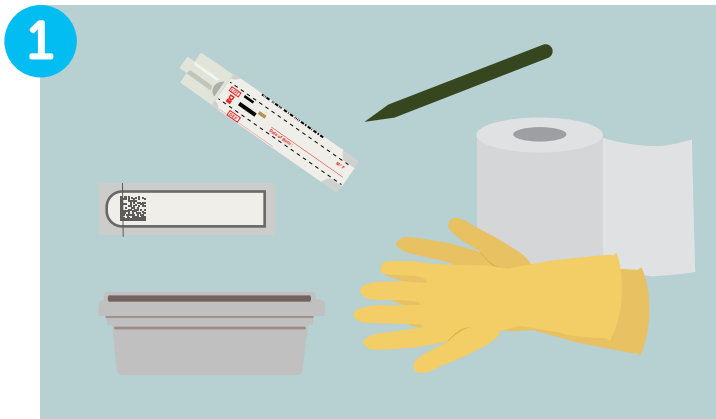


A clean empty margarine or ice cream tub



A clean empty takeaway container

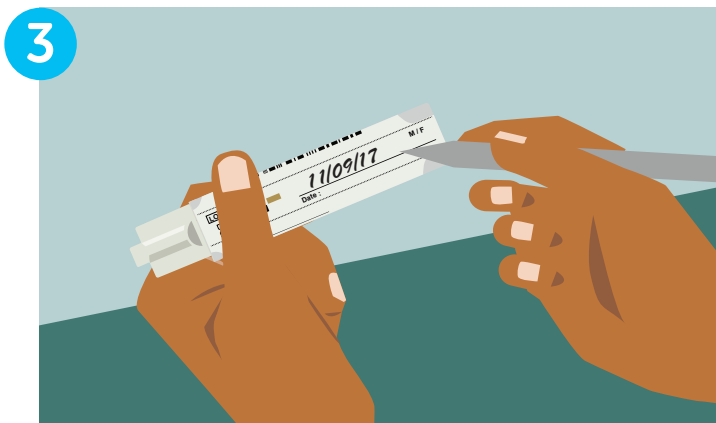
HOW TO DO THE BOWEL SCREENING KIT IN SCOTLAND



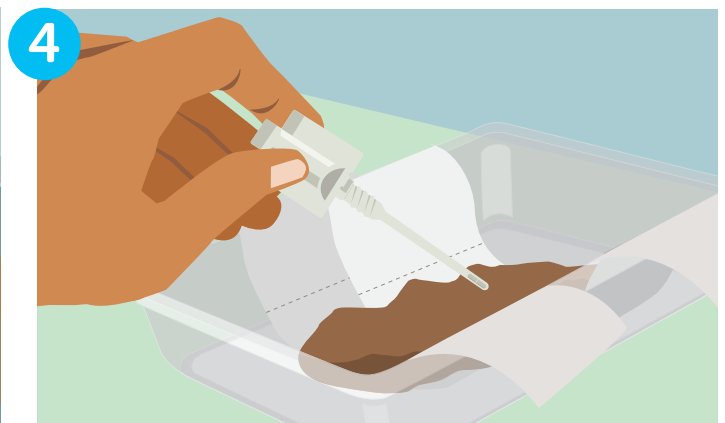
1 Get ready - collect what you need to catch your poo before you sit on the toilet.



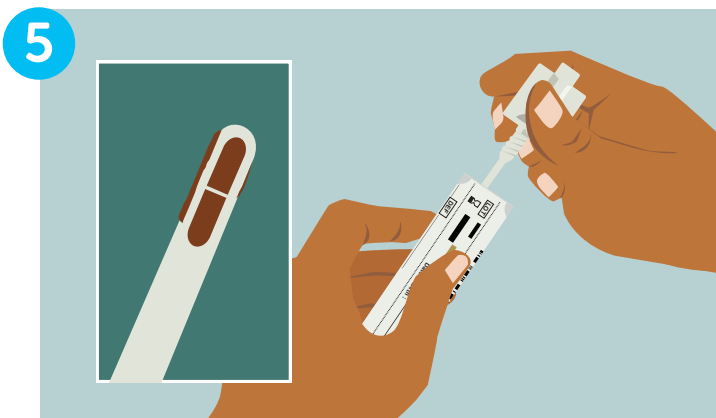
2 Take the label from the front of your letter and stick it on the side of the test marked +.



3 On the other side write the date you do the test.



4 Collect your poo - we've given you some ideas for how to do this opposite. Use the stick to take a sample of your poo.



5 Make sure the two holes on the side of the stick are filled with your poo sample. Put the stick back in the tube and twist shut.



6 Put the kit in the prepaid envelope provided and post it back. You should get your results within 2 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.