

How to use the NHS bowel cancer screening kit



An easy read booklet

How to use the NHS bowel cancer screening kit



This easy read booklet is about the bowel cancer screening test.



It will get sent to you at home after your 60th birthday.

The test is for you to do yourself. It is very easy.



You will get sent a box with a letter, a test kit and a freepost envelope inside.



If you have any questions or problems you can ring:

0800 707 6060



Your bowel is where food goes when it leaves your stomach.

The waste from your food then passes out of your bottom as poo.



Some people get a disease called bowel cancer.

It is a serious illness that you can die from.



Doing the bowel cancer screening test helps to find the cancer at an early stage.



This means it can be treated and you have a better chance of living if you do have bowel cancer.

Doing the test



To do the test you need to collect a small amount of your poo.

This is because the test looks for little bits of blood in your poo.



It doesn't sound very nice but it is important that you do it.

Taking the test could help to save your life.



To catch your poo you can use toilet paper and a clean empty container.

Make sure you wash your hands before and after you do the test.



You need to write the date on the label of your test kit before you do it.

Take the kit into the bathroom.



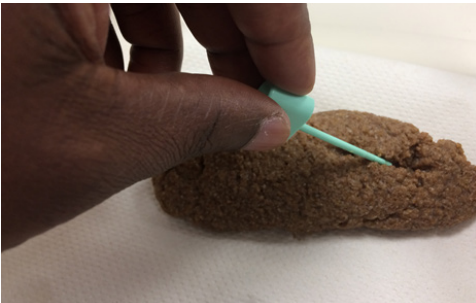
Put some toilet paper into the empty container, and then put the container in your toilet.



It needs to be big enough so it can catch your poo before it goes in the water.



Go to the toilet as you normally would then take the container out of the toilet.



You now need to open the kit and wipe the stick through the poo.



Put the stick straight back into the kit and click the lid closed.



Tip the poo into the toilet and then throw the container straight into a bin.



Make sure it is a bin with a lid. You are best to then put it into your bin outside.



Wash your hands with soap and water.



Now put the kit into the freepost envelope.

Peel the tape off and stick the envelope down.



You now need to post the kit back.

You do not need a stamp.



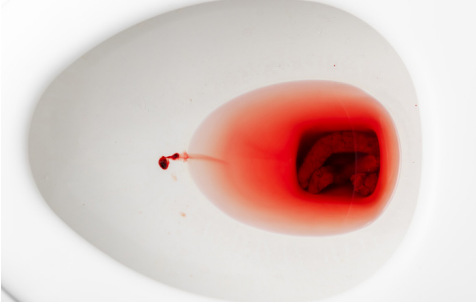
You should get a letter within 14 days with your results.



If any blood is found in your poo you might need more tests.

A doctor or nurse will talk to you.

You should see a doctor if:



- You see blood in your poo
- Your poo is runny for at least 3 weeks and this is not normal for you



- You stop being able to go for a poo
- You start to get really bad tummy pains



- You lost weight really quickly without trying to



- You can feel lumps in your tummy
- You feel tired all the time and this is not normal for you

For more information you can:

Call: **0800 707 60 60**

Book to see your doctor

Go to: **www.bowelcanceruk.org.uk**

Go to: **www.nhs.uk/bowel**

For more information please contact:

btm

the home of accessible information



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