

# Bowel screening test kit instructions

## How the bowel screening test works

- 1 You use this test kit to take a poo sample.
- 2 You send the sample back to us in the envelope (it's free).
- 3 We test your sample and let you know your result.

## Do you need help?

Please call **0800 924 432** for free. Tell us which language you would like to speak in. Your call will be answered in English but we can then arrange for someone to talk to you about bowel screening in your preferred language.



National Bowel Screening Programme

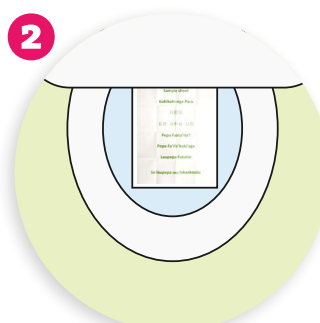
## How to use your test kit



### IMPORTANT

Peel off one barcode sticker from the **Consent Form** and stick on the flat side of tube.

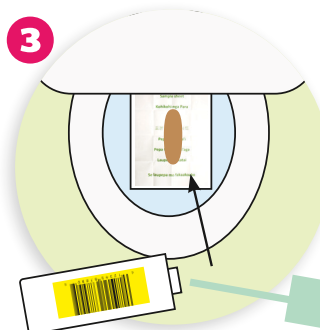
Write the **date** you do the test on the **consent form**. Fill in the rest of the form.



Urinate (mimi/pee) if you can, then flush the toilet.

Put some toilet paper in the toilet.

Lay the **sample sheet** on top of the toilet paper.



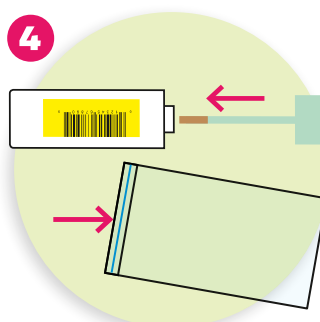
### Do your bowel motion (tiko/poo) on the sample sheet.

Twist the lid off the tube, quickly – before the poo sinks.

### With the green stick, scrape different parts of the surface of the poo.

Do this until the tip of the stick is well covered.

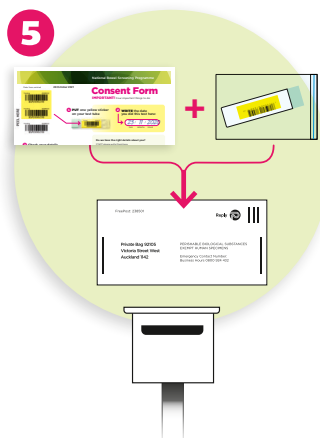
You only need a tiny sample.



Put the stick back into the tube. Push the lid down to **click** shut. There is a clear fluid in the tube for your sample.

Flush the toilet and wash your hands. The sample paper can be flushed.

Put the tube into the **zip-lock bag**. Squeeze the zip-lock to seal.



Put the **zip-lock bag** with the **tube** and the **consent form** into the return envelope.

Post the test on the same day or next day as delays could spoil your sample.