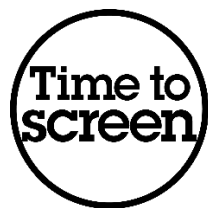


18pt



National
Bowel
Screening
Programme

Health New Zealand
Te Whatu Ora

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

Bowel screening test kit instructions

Adapted in 2025 by Accessible Formats Service,
Blind Low Vision NZ, Auckland

Transcriber's Note: Three logos appear at the top of the page, from left to right: Time to Screen—National Bowel Screening Programme; Health New Zealand—Te Whatu Ora; and Te Kāwanatanga o Aotearoa—New Zealand Government.

Notes for the Large Print Reader

Main text is in Arial typeface, 18 point.

Headings are indicated as:

Heading 1

Heading 2

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 the 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.

If you are Deaf, hard of hearing, deafblind, speech impaired or find it hard to talk, you can use the New Zealand Relay Service. www.nzrelay.co.nz.

The bowel screening test is not right for everyone. Please call or visit your doctor if you cannot do this test at home.

For more information about Bowel screening, go here: <https://timetobowelscreen.nz>.

How to use your test kit

1. **IMPORTANT:** Peel off one barcode sticker from the Consent Form and stick on the flat side of tube.
2. Write the **date** you do the test on the consent form. Fill in the rest of the form.
3. Urinate (pee) and then flush the toilet if you can.
4. Put some toilet paper in the toilet.
5. Lay the **sample sheet** on top of the toilet paper.
6. **Do your bowel motion (poo) on the sample sheet.**
7. Twist the lid off the tube, quickly—before the poo sinks.
8. **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.
9. 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.
10. Flush the toilet and wash your hands. The sample paper can be flushed.
11. Put the tube into the **zip-lock bag**. Squeeze the zip-lock to seal.
12. Put the **zip-lock bag** with the **tube** and the **consent form** into the return envelope.
13. Post the test as soon as you can after you've done it.

- Please don't do the test just before the weekend or a public holiday. This is to avoid your sample being delayed in the post.

End of Bowel screening test kit instructions.