



Bowel cancer screening: the repeat test



Bowel screening

Step-by-step instructions for using the repeat test kit

This kit is slightly different to the one you used previously as part of Northern Ireland's bowel cancer screening programme and has been sent because the results of the first test were unclear.

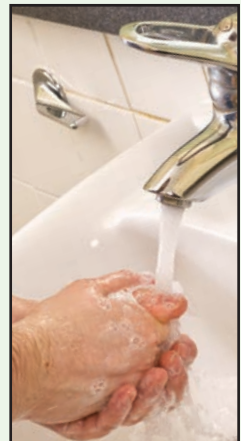
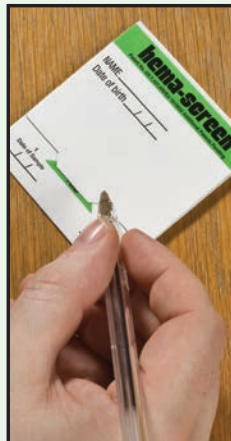
Again, the kit is designed for use in the privacy of your own home but this time it involves only two visits to the toilet.

Complete only one window on each visit. As before, on completion of the test kit, all you need to do is pop it in the special envelope provided and send it off in the normal post to the screening centre free-of-charge.

*Please read the following instructions in full **before** you use the kit.*

1. Getting ready

- Write your full name and date of birth on the flap of the test kit.
- Take the test kit, a pen and these instructions with you to the toilet.
- Wash and dry your hands.
- Break off one of the cardboard sticks provided.
- Lift the flap and fill in today's date. You will see two small windows (1 and 2). Do not open the flap on the reverse of the kit marked 'DO NOT OPEN', this is for laboratory use only.



2. Collecting your bowel motion

- It is important that your bowel motion **does not** come into contact with either the toilet water or toilet bowl, as this could affect the test result.
- You can catch your bowel motion using folded pieces of toilet paper in your hand, or by placing your hand inside a small clean plastic bag, or using any clean, disposable container.



3. Taking a sample from your bowel motion

- Using one cardboard stick, take a very small sample of the bowel motion and spread **thinly** over the first window (1). Dispose of the stick and the remains of the bowel motion by flushing them down the toilet. If you used a plastic bag or disposable container, place it inside a plastic bag and dispose of in an outside bin.
- This is now complete – **leave the second window (2) for your next visit to the toilet on another day.**



4. When you have finished

- Once you have completed this first visit tuck down the flap to keep it closed.
- Wash and dry your hands.
- Check that you have filled in today's date on the left hand side of the kit.
- You will need to repeat this for window (2) on a different day.
- You can keep the kit in the bathroom as long as it away from direct heat and direct sunlight.
- Keep the kit out of the reach of children and animals.
- Keep these instructions with the kit as you will need to refer to them again.



5. Collecting your second bowel motion

- Follow steps 1–4 but this time spread your sample thinly on the second window (2) under the flap.
- Please note that the second sample should be taken within 10 days of the first sample.
- Make sure you fill in the date of your second sample on the right hand side of the kit.



6. Final checklist

On collecting the sample from your second visit, check that you have done the following:

- Put your name and date of birth on the test kit.
- Put samples on both windows on two different days.
- Written the dates when you collected each sample.
- Collected the second sample within **10 days** of the first (if the time taken is longer, telephone the freephone helpline on **0800 015 2514** for further information on what to do).

If you have completed all of the above instructions then place your kit in the freepost envelope provided and seal it.

Post the kit **immediately** as it is important that the laboratory receive the kit as soon as possible. The sealed envelope meets postal regulations and is safe to send in the post. Please make sure it is clean to protect postal workers. **Do not post the envelope if it is soiled. Please call the freephone helpline on 0800 015 2514 to receive a replacement envelope.**

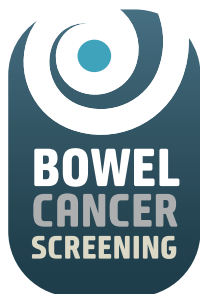
Thank you for completing the test. You will receive a letter shortly telling you the results and what to do next. If you have not heard from us within two weeks or if you have difficulty completing the test, please telephone the helpline on **0800 015 2514**. Friendly and trained staff will be happy to help and answer your questions in confidence.

For further information or this leaflet in another language or format visit:

www.cancerscreening.hscni.net

For those who are deaf or speech impaired,
Next Generation Text (NGT) may be used.

Please dial our helpline on
18001 0800 015 2514.



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

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