

Wednesday, 17 December 2025

Health Protection

Bowel screening test kit instructions

You will need...

something to catch your poo such as an old, clean container

test kit (enclosed)

pen

or toilet paper.

Very Important

Check that your printed details on the test are correct. Write the date you take the sample on the test kit or we may not be able to test it.

Put a container or toilet paper into the toilet to catch your poo. Don't let the poo touch the sides of the toilet or the water.

Unscrew the lid of the tube to remove the stick.

Dip the end of the stick into your poo. Only fill the two small grooves at the end - do not overfill.

Place the stick back in the tube. Close the tube by screwing the lid back on.

If you used a container, put it in a plastic bag and dispose of it in an outside bin. Remember to wash your hands.

Once completed, put the test kit in the padded envelope provided, seal the envelope and post it as soon as possible.

Free Helpline: 0800 015 2514
(Relay UK 18001 0800 015 2514 for those who are deaf or speech impaired)

Please contact the helpline if you have any questions, or if you need a replacement test kit or envelope. Please do not contact your GP practice for a replacement test kit or to return your screening test, as they cannot provide or accept these tests.

For this leaflet in another language or format please visit phsa.site/bowel-screening-test-kit-instructions

Adapted with permission from the screening programme in Northern Ireland, who developed the original service.

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The Northern Ireland Bowel Cancer Screening Programme introduced quantitative faecal immunochemical testing (FIT) as the primary bowel cancer screening test in January 2021. Quantitative FIT is more sensitive than the existing test, simpler to carry out and requires only one sample rather than three. In other parts of the UK introducing FIT has resulted in an increase in screening uptake.

This leaflet provides easy-to-follow instructions on how to take the test.

Cancer Research UK have developed an animated video explaining how to complete the screening test: <https://youtu.be/hS2Sp2Ex0z4>

Further information on the bowel cancer screening programme is available on NI direct at [Bowel cancer screening | nidirect](https://www.nidirect.gov.uk/health/bowel-cancer-screening)

Details

Format

A4

Target group

Prospective Participants in the Northern Ireland Bowel Cancer Screening Programme.

Downloads

Attachment	Size
Arabic Bowel Screening Instructional A4 10_23_ar-SA.pdf	1009.86 KB
Bulgarian Bowel Screening Instructional A4 10_23_bg-BG.pdf	958.25 KB
Chinese Simplified Bowel Screening Instructional A4 10_23_zh-CN.pdf	987.37 KB
Chinese Traditional Bowel Screening Instructional A4 10_23_zh-HK.pdf	983.82 KB
Irish Bowel Screening Instructional A4 10_23_ga-IE.pdf	1.33 MB
Bowel Screening – Instructional A4 11_25.pdf	804.12 KB
Latvian Bowel Screening Instructional A4 10_23_lv-LV.pdf	1.45 MB
Lithuanian Bowel Screening Instructional A4 10_23_lt-LT.pdf	1.45 MB
Polish Bowel Screening Instructional A4 10_23_pl-PL.pdf	1.48 MB
Portuguese Bowel Screening Instructional A4 10_23_pt-PT.pdf	1.48 MB
Romanian Bowel Screening Instructional A4 10_23_ro-RO.pdf	1.47 MB
Slovak Bowel Screening Instructional A4 10_23_sk-SK.pdf	1.49 MB
Somali Bowel Screening Instructional A4 10_23_so-SO.pdf	1.48 MB
Tetum Bowel Screening Instructional A4 10_23_tm-ID.pdf	1.45 MB

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