Bowel screening test kit instructions

You will need...

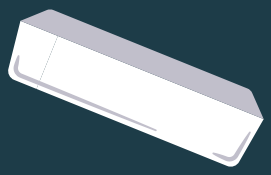
test kit (enclosed)



pen



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

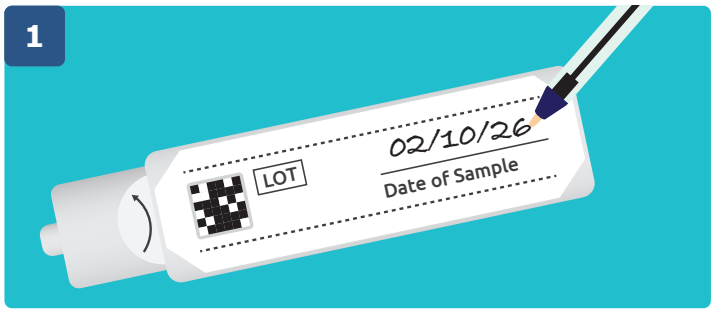


or toilet paper.



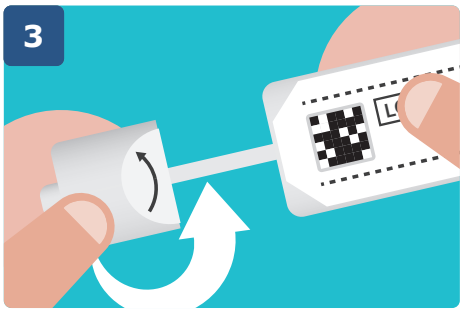
Very Important

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.





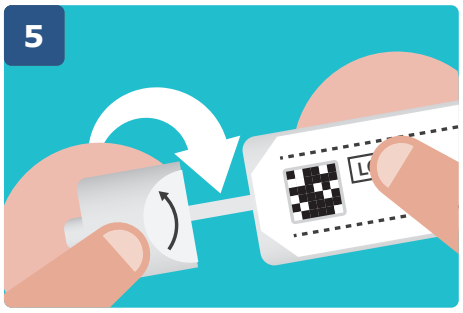
Put a container or toilet paper into the toilet to catch your poo. Don't let the poo touch the sides of the toilet or the water.



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 more information or this leaflet in another language or format please visit **pha.site/bowel-screening-test-kit-instructions**

Adapted with permission from Bowel Screening Wales/Public Health Wales, who developed the original version.

HSC Public Health Agency

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Find us on:

BOWEL CANCER SCREENING

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