

**Repeat
Test**

The bowel screening test

Step-by-step instructions



The screening kit

In your pack you will find:

yellow and white
test kit



2 cardboard sticks



free return
envelope



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Doing the test

This might all sound a bit embarrassing. Don't worry – it's not difficult to do. **It just takes two visits to the toilet**, then you send back your completed kit in the post (free of charge).

Once you have decided to start the test, it must be completed with samples from **two of your bowel motions (poos)**.

You must complete both samples and post them **within 10 days** of taking the first sample

Read the instructions in this leaflet before you start the test. You can also watch a short film about how to do the test at www.nhsinform.co.uk/screening/bowel



If you have any problems or questions, just call the Bowel Screening Centre Helpline on 0800 0121 833 (textphone 18001 0800 0121 833)

Step 1: Getting ready

Remove the label from the invitation letter with your name on it and stick it onto the test kit in the marked area.

Take to the toilet:

- your test kit
- a pen to write the date
- 1 cardboard stick
- something to help you collect your sample.





Do not open the side of the kit marked 'DO NOT OPEN', leave it closed.

Step 2: Collecting your first sample

Write the date on the front of the kit.

Peel back the flap on the test kit. You will see two small windows where you will put your bowel motion (poo) samples.



It is important that your bowel motion (poo) sample does not touch the toilet water. Choose from these options to catch your sample:

A folded pieces of toilet paper **or** **B** your hand inside a small plastic bag **or** **C** any clean disposable container. You may find a way that's easier for you, but just make sure you catch your bowel motion (poo) before it touches the water.



Use the stick to stab your bowel motion in four different places. Holding the kit down on a flat surface, spread the sample to fill **the first window only** on your test kit.



Close the flap and tuck it under the yellow tab on the test kit to keep it closed. (You may want to store your kit in a sealed container until complete.)



Do not leave your test kit in a warm place or in direct sunlight.

Wrap the used stick in toilet paper and dispose of it carefully. Please do not flush it down the toilet. Wash your hands.



Step 3: Collect the second sample

Repeat the test to collect your second sample of your next bowel motion (poo). Spread the sample to fill the second window on your test kit.

After collecting the second bowel motion (poo) sample, you are ready to put the kit in the free return envelope and seal it.

Please check



my label is on the test kit

☐

both windows have samples

☐

I have dated the samples

☐

I have completed the test in a 10-day period

☐

I'm ready to post

☐

OK, your kit is now ready to post so do not delay. The free return envelope is designed to meet postal regulations and is safe to post but, to protect postal workers, please make sure it is clean.



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The advisers will be glad to help you and they'll respect your privacy.

This publication is available online
at **www.healthscotland.com**
or telephone **0131 314 5300**.

Traditional Chinese

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Polish

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Urdu

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