

# The bowel screening test

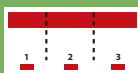
## Step-by-step instructions



### The screening test

In your pack you will find:

red and white  
test kit



6 cardboard sticks



free return  
envelope



# Doing the test

This might sound a bit embarrassing, but it could save your life and it's not difficult to do. **It just takes three visits to the toilet**, then you send back your completed test in the post (free of charge).

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

You must complete all of the 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/takingthetest](http://www.nhsinform.co.uk/screening/bowel/takingthetest)**



**If you have any problems or questions, just call the Bowel Screening Centre Helpline on 0800 0121 833 (textphone 18001 0800 0121 833) or email: [bowelscreening.tayside@nhs.net](mailto:bowelscreening.tayside@nhs.net)**

## Step 1: Getting ready

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

Take to the toilet:

- your test
- a pen to write the date
- two of the cardboard sticks
- something to collect your sample. (toilet paper, a clean plastic bag or disposable container)





**Do not open the side of the test marked 'DO NOT OPEN'. Leave it closed.**

**Do not open all three test flaps at once. The three sections in the test are for the three separate bowel motion (poo) samples on different days.**

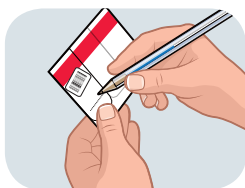
## Step 2: Collecting your first sample

Write the date on the front of the test.

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

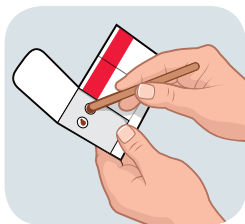
It is important that your bowel motion (poo) sample does not touch the toilet water. There are different ways to collect your sample, try: **A** folded pieces of toilet paper **or B** your hand inside a small plastic bag **or C** any clean disposable container. You may find a way that's easier for you, but just make sure you catch your bowel motion (poo) before it touches the water. There are other tips for collecting your sample at

**[www.nhsinform.co.uk/screening/bowel](http://www.nhsinform.co.uk/screening/bowel)**



Use one of the cardboard sticks to take a small sample of your bowel motion (poo), about the size of a pea.

Spread the sample to cover the first window on the test.



Use another cardboard stick to take a second sample from a different part of your bowel motion (poo). Spread the second sample to cover the second window on the test.

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



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

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



# Collecting your second and third samples

Repeat the test on different days using the second and then third flaps of your test.

The samples can be from any of your bowel motions (poos) over a 10-day period, just remember to date each sample.

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

## Please check



**my label is on the test**

☐

**all six 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 test 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**

## Traditional Chinese

您也可以登入

**www.healthscotland.com** 瀏覽

本刊物，或撥打 **0131 314 5300** 查詢。

## Polish

Ta publikacja jest dostępna  
online na stronie

**www.healthscotland.com**

lub pod numerem telefonu

**0131 314 5300**, pod którym

można także zgłaszać

wszelkie zapytania.

## Urdu

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This resource is available in Urdu, Chinese  
and Polish, and in an Easy Read format.  
NHS Health Scotland is happy to consider  
requests for other languages and formats.

Please contact **0131 314 5300** or email  
**nhs.healthscotland-alternativeformats@nhs.net**

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