

Your bowel screening test kit instructions – you will need...



Test kit



Label



Pen



Toilet paper

or



Container

1 Get ready

Take your label from the front of this letter. Stick it on the side of the tube marked with the +. Write the date you take the sample on the other side.



2 Collect your poo sample

Use the container or a large amount of toilet paper, making sure your poo does not touch the toilet water. Unscrew the lid of the tube to remove the stick. Dip the end of the stick into your poo sample. Only fill the small dimples at the end of the stick, as shown. Close the tube by screwing the lid back on. Flush the toilet paper, or bag and bin any container you use.

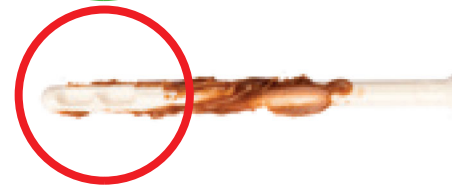
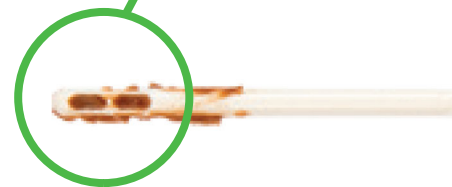


or



3 Post it

Put the finished test in the pre-paid envelope and post it as soon as possible.



Make sure the two small dimples at the end of the stick shown here are filled with your poo sample. Try not to get too much poo at the top end of the stick. Do not insert the stick internally.