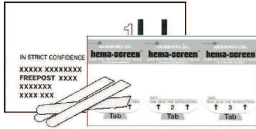


In your kit, you will find:

- A prepaid return envelope
- 6 cardboard sticks
- An orange and white cardboard test kit



Important:

Your kit will last for many months unopened, but it must be completed and received for testing **within 14 days** of the first sample being taken. Please note that kits will not be tested on weekends

1. Before doing the test

Get your kit ready to use before sitting on the toilet: take the kit out of the envelope and have two cardboard sticks ready.

Leave the side marked 'DO NOT OPEN' sealed, to ensure that your test results are not affected.



There are 3 parts to the kit, for 3 separate bowel motions.

Only open one flap at a time.

Do not separate the 3 parts.

2. Doing the test

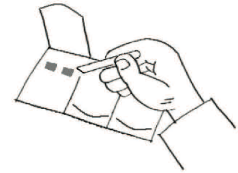
On the side with **your name printed on it**, write the date on flap 1 in the space provided.



- Peel back flap 1.
- You will see two small 'windows' on which to put your samples.
- Keep the kit and sticks within easy reach.

3. Collecting the first sample

- It is important that the bowel motion you take the sample from has not been in the toilet bowl, as this could affect the test result. Suggested ways to catch your sample are:
 - Folded pieces of toilet paper
 - Your hand covered in a small plastic bag
 - A clean disposable container
- Use a cardboard stick to take a small piece from the bowel motion you have just collected. Spread it thinly over the first window.



- Using another stick, take another sample from a different area of the bowel motion. Spread it thinly over the second window.

4. When you are finished

- Please wipe the sticks with toilet paper, wrap them up and dispose of them in an outside bin. **Do not** flush the cardboard sticks down the toilet.

- Close the flap, and tuck it under the orange tab to keep secure.
- **Do not** leave the kit in a warm place, or in direct sunlight, as this could spoil it. Wash your hands after use.

5. Collecting the second sample

- Write the date on flap 2.
- Repeat the test using the two windows under flap 2.

6. Collecting the third sample

- Write the date on flap 3.
- Repeat the test using the two windows under flap 3.

Note: Your samples do not need to be taken from three bowel motions in a row, but they must be from three separate motions.

Checklist

-
- Have you put samples on all six windows?
- Have you written the date on all three flaps?
- Will the kit be received for testing **within 14 days** of the first sample being taken?

If the answer is **NO** to any of the **checklist questions**, please contact the programme hub for advice: Freephone 0800 707 60 60, Textphone 18001 0800 707 60 60.

If the answer is **YES** to all of the **checklist questions**, put the kit in the prepaid envelope, seal it, and put it in the post. The envelope meets postal regulations, and is safe to send. But please make sure it is clean, in order to protect postal workers.

Any questions?

Contact the programme hub on
FREEPHONE 0800 707 60 60
Textphone 18001 0800 707 60 60

Calls will be dealt with in strictest confidence. Please do not feel embarrassed to ask for information or advice. Staff are there to help you.

This leaflet is also available in braille, audio CD and BSL DVD format.



Remember:

Store the kit away from sunlight and heat

NHS Bowel Cancer Screening Programme



This leaflet explains how to use the kit.
Please read carefully.