

Things you can do
If you look after yourself you will be healthier. This means:



- don't smoke



- eat healthy food



- don't drink too much alcohol



- do some exercise

Think about doing your bowel test kit when you are asked.

Visit our website if you want more information
www.bowelscreening.wales.nhs.uk



About your bowel test kit

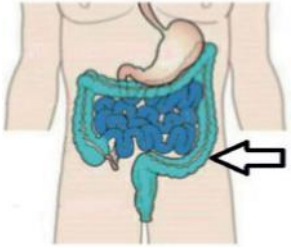


- This booklet tells you about the bowel test kit
- Doing this test can save your life

This is the Easy Read version. Ask us if you want a different version.
www.bowelscreening.wales.nhs.uk



What is the bowel?



Your **bowel** is a large tube in your tummy. The food you eat goes through the **bowel** and comes out as poo.

What is cancer?



Cancer is a very serious illness. When a person has **cancer** they will need to go to hospital.



There are lots of people who get cancer who get better.



But some people who get cancer die. The earlier we find blood in your poo the **easier** it is to treat you.

Things you can do



Tell your doctor if someone in your family has had bowel cancer.



Tell your doctor if you see any blood in your poo.



Think about your bowel test kit when you get it in the post.

Things to think about



You can talk to someone at your doctors if you have questions.



You can phone the **helpline:**

- to ask questions
- if you make a mistake or need another test kit

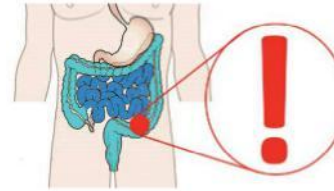


The number is:
0800 294 3370.

You can also contact us on our website:

www.bowelscreening.wales.nhs.uk

It is your choice if you do the test.



You can feel well and still have bowel cancer.



This is why this test is important.

What is the bowel test kit?

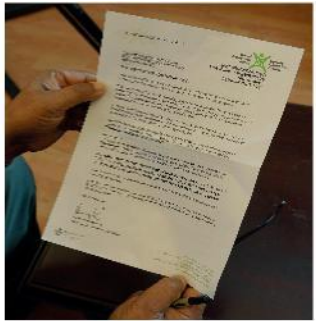


Men and women aged **60 to 74** will be sent a bowel test kit every **2 years.**



You can do the test at home.

When you get your bowel test kit



The **letter** will tell you how to use the test kit. Please do what the letter says.



If you need help, you can phone a **helpline** or go to our **website**.



You use the kit to collect very small bits of **poo** when you go to the toilet.



To stay safe and clean wash your hands after you have done the kit.



If you need help, you can phone the helpline on **0800 294 3370**.

You can also contact us on our **website**.

Positive result



This means blood was found in **all** your poo.

You will need more tests.



Your result letter will ask you to contact the bowel screening office so you can speak to a nurse.

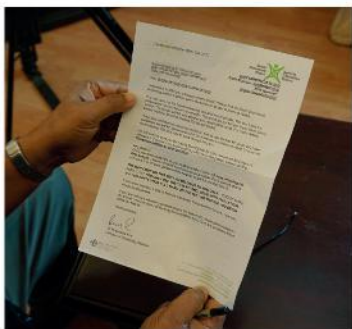
Unclear result



This means there is blood in **some** of your poo.



You will be sent a different kit to do at home.



The letter will tell you how to use the test kit.



It is important to do the test on **3 different days**.

You must do all 3 within **10 days**.



It's ok if you make a mistake. You can ask for another kit.



The kit comes with a special envelope.



You post the kit back in that envelope.

What happens when I send my kit back?



The test kit is checked for tiny bits of **blood** in your **poo**.



You will be sent a result letter in about **2 weeks**.

There are three possible results



normal



unclear



positive

Normal result



This means there is **no** blood in your poo. Most people will get a normal result.



If you are still aged **60 to 74** you will be sent a bowel test kit in **2 years**.



It is important to do your test kit when you are sent one in 2 years.