

Your bowel screening test kit

You will need...



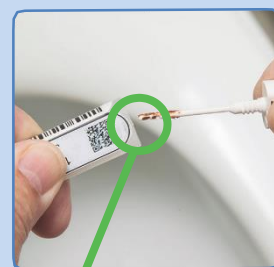
1 Get ready

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



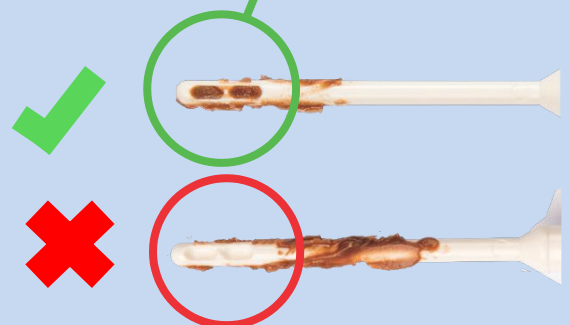
2 Do it

Collect poo using toilet paper or container. Twist top of the test open and take a small sample of poo. Then make sure you close the test. Flush the toilet paper and dispose of any container you use. Wash your hands.



3 Post it

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



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