


If you would like help to do the bowel screening test contact:

Name:.....



.....

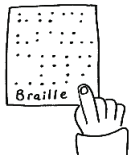


## Bowel Cancer Screening Programme

# Bowel Screening



This leaflet is available in other languages or formats



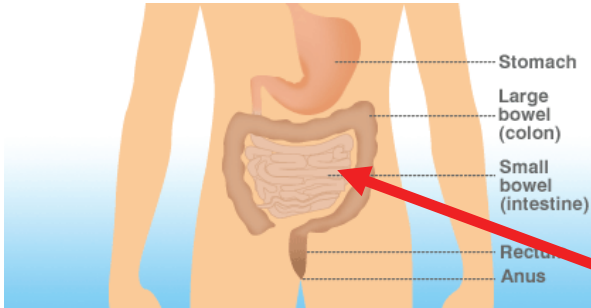
This leaflet was designed by Cheshire & Wirral Partnership NHS Trust ©

This leaflet tells you about having a bowel screening test

Your bowel is a part of your body.

Your bowel is inside your body.

This picture shows you where your bowel is.



Look at the red arrow.

The red arrow is pointing to where your bowel is.

When you eat food it goes into your stomach and then travels down your body into your bowel.



The food in your bowel comes out when you go to the toilet.

When the food comes out this is called your poo.



The three different types of results you can get are:

Your bowel is healthy.

You have to do the bowel screening test again.

You need to have another test at the hospital.

If you need to have another test at the hospital you will be sent an appointment.



You will see a specialist nurse who will talk to you about the test.

This test is called a colonoscopy.

If you have any questions or would like more information about bowel screening there are people you can talk to.

The telephone number is:



Free phone **0800 707 60 60**

When you have collected three different samples of your poo the test is finished.

You need to send the special card with your poo samples to a laboratory for testing.



You need to put the card with your poo samples into the envelope.

The address of the laboratory is on the envelope.



Put the envelope into the post box.

You do not need a stamp.



You will be sent a letter with the results of your bowel screening test.

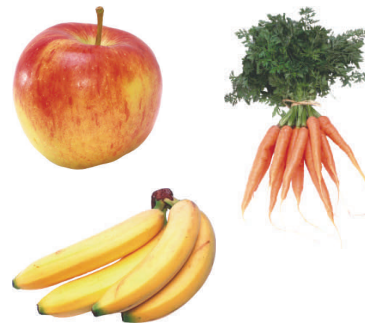
The letter will take two weeks to arrive.

The letter will be sent to your home.

There are three different types of results that you can get.

It is important to keep your bowel healthy.

There are things you can do to keep your bowel healthy.



Eat healthy food.

Eat 5 types of fruit and vegetables every day.

Keep yourself fit.

Do some exercise every day.

Think of what exercise you like to do.



Keep a healthy weight.

Try not to be overweight or underweight.

Drink lots of water.

Try to drink 6 glasses of water every day.



It is important to check if your bowel is healthy.

The best way to check if your bowel is healthy is to test samples of your poo.



There is a test to do this called a bowel screening test.

If your age is between 60 and 69 you will be sent a bowel screening test.



It will come to your home and the postman will put it in your letterbox.

If your age is 70 or over you can telephone and ask for a bowel screening test to be sent to your home.



The telephone number is

Free phone **0800 707 60 60**

When you open the bowel screening test box there will be

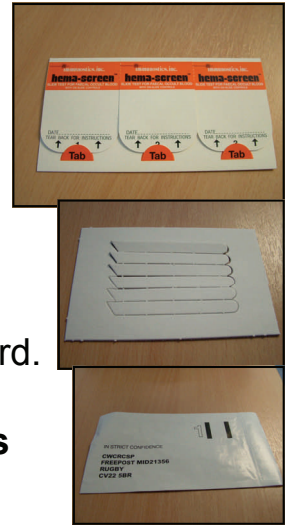
### **An orange and white cardboard test kit**

This is a special card to put your poo samples on.

### **6 cardboard sticks**

The cardboard sticks are for you to use to wipe your poo samples onto the special card.

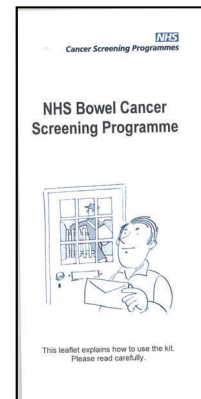
### **An envelope to return your poo samples**



You do the test in your own home.

There is a leaflet that tells you how to do the bowel screening test.

Ask your carer or staff to help you.



The leaflet tells you the best way to collect the samples of your poo.

The leaflet tells you what to do with the samples and what information you need to write down.

Have a look at the picture.

