



Australian Government

NATIONAL BOWELCANCER SCREENING PROGRAM

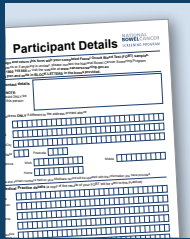
Important

- Complete the test within the next 2 weeks.
- Include your form in the envelope when you return your samples.

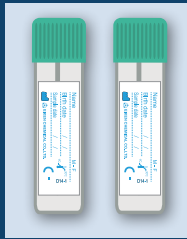
Home test kit instructions

Collect 2 tiny samples, put them in the post and you're done

Your kit contains everything needed to do the test



1 x participant details form



2 x collection tubes



2 x toilet liners



1 x ziplock bag



1 x reply paid envelope

! Before you do the test

- ✓ Place the test next to the toilet where you will remember to do it.
- ✓ Set a reminder for the days you will take your samples.
- ✓ Check the expiry date on the back of the kit. If the kit has expired, call 1800 627 701 for a replacement.
- ✓ Keep taking any medication you are on and eat what you normally do.

Don't do the test if you have:

- ✗ piles (haemorrhoids) that are bleeding. If this happens, see your doctor
- ✗ blood in your urine or blood in the toilet bowl. If this happens, see your doctor
- ✗ your menstrual period. Do the test 3 days after your period has finished
- ✗ had a recent colonoscopy.

✉ Your result

Your result will be mailed to you and your doctor within 4 weeks after you post your samples.

A **negative** result means no blood was found. You should do the test again in 2 years.

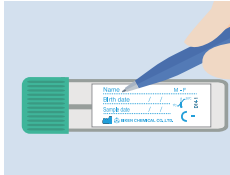
A **positive** result means blood was found. This does not always mean you have bowel cancer. There are lots of reasons why you could have blood in your poo, and most are not related to cancer. Make a time to see your doctor as soon as possible to find out more.

Watch a video on how to do the test
www.health.gov.au/nbcsp



Instructions

1 Prepare



Write your name, date of birth and date you do the test on one of the tubes.



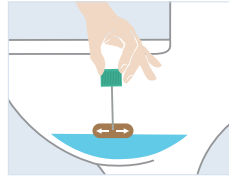
Do a wee and flush the toilet.

Put one toilet liner in the toilet with the writing facing up. It's okay if it gets wet.

2 Collect

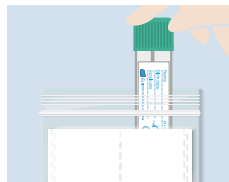


Poo onto the liner.



Twist open the tube. Drag the tip of the stick through the poo. Your sample only needs to be tiny.

Put the stick back into the tube and click it shut. Flush the biodegradable liner down the toilet.



Put the tube into the ziplock bag.

Put the bag somewhere cool, such as a fridge. Don't freeze.

3 Repeat

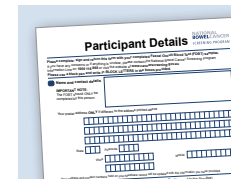


Repeat steps 1 and 2 using the other tube when you do your next poo. Ideally, try to collect both samples within 3 days of each other.

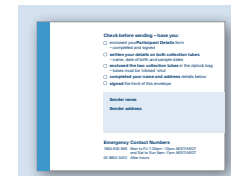
Then go to Step 4.

4 Send

Mail your samples as soon as possible.

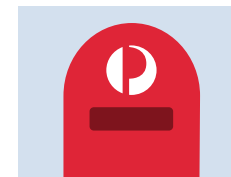


Complete the participant details form. Write the dates your samples were taken and sign the form.



On the envelope, sign the front and write your name and address on the back.

Put the form and the samples in the envelope.



Mail the envelope. Samples need to stay cool for as long as possible. Place it in a mailbox in the cooler part of the day or take it to a post office.

? Questions

Test kit helpline 1800 930 998

National Cancer Screening Register
1800 627 701

Visit our website
www.health.gov.au/nbcsp



Translations

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