



Australian Government

HOW TO DO THE BOWEL SCREENING TEST

Bowel cancer is common among Aboriginal and Torres Strait Islander people – and can develop without any signs.

If found early, bowel cancer can be successfully treated in more than 90% of cases. Stay healthy for your family and do the free bowel screening test today!

ABOUT THE TEST

The National Bowel Cancer Screening Program is for people aged 45 to 74.

You can also talk to your doctor about getting the free test kit as part of your check-up.

You just need to collect 2 tiny samples from 2 different poos.

Testing every 2 years can find and prevent bowel cancer before it starts.

TALK WITH YOUR DOCTOR

Talk with your doctor if you have:

- a family history of bowel cancer
- blood in your poo, changes in your poo (like looser poo or straining to do a poo), tummy pain, weight loss, feeling unusually tired
- any concerns or questions.

BEFORE THE TEST

Before you do the test:



- keep taking any medication you are on
- eat what you normally do
- put the test where you will remember to do it!

DON'T do the test if you have:

- piles (haemorrhoids) which 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. Wait for 3 days after your period finishes before doing the test
- had a recent colonoscopy.

ABOUT THE RESULTS

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

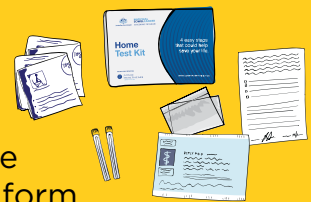
-  A negative result means no blood was found. Do the test again in 2 years.
-  A positive result means blood was found. It does not mean you have cancer. But you need to see your doctor to find out why there is blood in your poo. You should make a time to see your doctor as soon as possible.

4 EASY STEPS COULD HELP SAVE YOUR LIFE

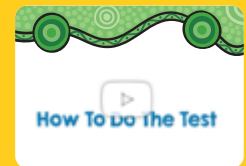
Stay healthy for your family and do the free bowel test today!

Your kit contains:

- 2 toilet liners
- 2 collection tubes
- 1 plastic ziplock bag
- 1 reply paid envelope
- 1 participant details form



Watch a short video 'How to do the test'



1. PREPARE

Read all the steps before you start.

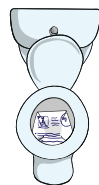
- On 1 of the small tubes, write your name, date of birth and date you do the test.



- First do a wee and flush the toilet.



- Put 1 toilet liner in the toilet with the picture facing up (it's okay if it gets wet.)



2. COLLECT

- Poo onto the liner.
- Open the small tube and drag the tip of the stick through the poo (you only need a tiny bit)



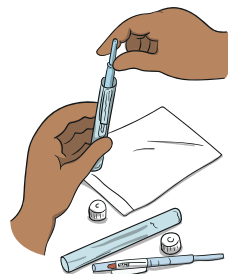
- Put the stick back into the tube and push until it clicks shut.
- Flush the toilet — it's okay to flush the liner. Wash your hands.



3. STORE & REPEAT STEPS 1-3

- Put the small tube into the plastic bag.

- Put the plastic bag somewhere cool, like in the fridge (don't freeze). Don't worry, it's clean, as the bag zips shut.



- REPEAT — When you do your next poo, do steps 1, 2 and 3 again with the other tube. Then go to Step 4. Try to collect both samples within 3 days of each other.

4. POST YOUR SAMPLE

- On the Participant Details form write the 2 dates your samples were taken and sign the back of the form.
- On the envelope, sign the FRONT and write your name and address on the BACK.
- Put the form AND the two samples in the envelope and seal it. The envelope doesn't say what's inside, so it's private.
- **Post the samples as soon as you can.** Take the envelope to a post office or place it in a mailbox in the cooler part of the day. Samples need to stay cool for as long as possible. They don't need to be refrigerated during postage.



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**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

More Information

Test Kit Helpline **1800 930 998**

National Cancer Screening Register

www.ncsr.gov.au or **1800 627 701**

www.health.gov.au/nbcsp

