

You're lookin' good on the outside but what about the inside?

How to do the bowel cancer screening test.



What is the National Bowel Cancer Screening Program?

- The Australian Government is sending out free test kits for older men and women to help find bowel cancer early.
- The kit looks for tiny amounts of blood in your faeces – blood can be a sign of changes that you can't see or feel.
- You can do your kit at home in private – it's quick and easy and doesn't hurt.



Who gets bowel cancer?

Approximately 1 in every 29 people between the ages of 50-74 will get bowel cancer.



- ✓ **Collect a sample from two different bowel motions (faeces/poo).**

Do not collect samples if:

- ✗ You are bleeding from your back passage. Speak with your doctor.
- ✗ You have your menstrual period. Collect mid-cycle.

How to do your test kit

Both men and women

Step 1

On one of the tube labels, write your name, date of birth and the date you did the test.



Step 2

Pass urine and then flush the toilet.



Step 3

Put the paper sheet in the toilet bowl on top of the water with the picture facing up.



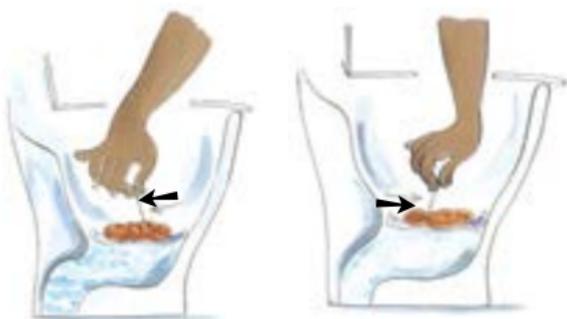
Step 4

Pass faeces / bowel motion onto the paper sheet.



Step 5

Insert the tip of the collection stick into the bowel motion and drag it back and forward a few times. You should have no more than a grain of rice on the end of the stick.



Step 6

Insert the collection stick into the top of the small tube. Click the lid shut and shake the tube up and down. Do not remove the stick again.



Step 7

Flush away the paper sheet with the bowel motion. Wash and dry your hands.



Step 8

Put the tube into the plastic pouch. This makes it safe for storage and transport.



Keep your samples in the fridge (2°-10°C).



DO NOT freeze the samples.

Step 9

Repeat steps 1 to 8 using your second collection stick when you pass your next bowel motion, ideally within 2-3 days.

Step 10

Fill in your Participant Details form.



Step 11

Put your Participant Details form and the plastic pouch with the tubes into the envelope.



Step 12

Post the envelope at an Australia Post shop/post box or give it to a Health Worker or nurse.



or



What happens next?

You will get your test results in the mail or through a health worker.



If blood is found (positive test), you will need to see your doctor for more tests.

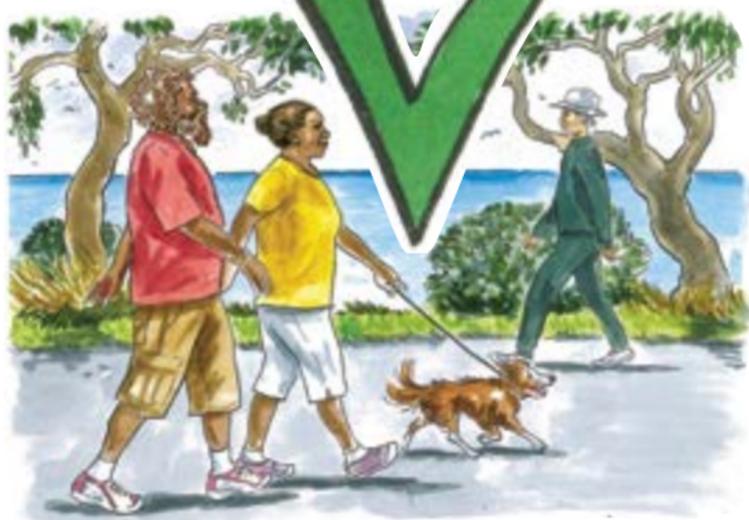
It does not always mean you have cancer, but it is important to see why you are bleeding.



If no blood is found (negative test), test again in two years.

This brochure has been adapted from information developed by the Queensland Bowel Cancer Screening Program. Cover background artwork and decorative border from "Making Time" by Valerie Ah Chee. Illustration by Julie Haysom.

What can I do to help myself?



Need help?



Talk to a health worker or call the
National Helpline:

1800 118 868

Screening Test Helpline:

1800 930 998

Or visit:

www.cancerscreening.gov.au



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in alternative formats on request for
a person with a disability.



Australian Government

NATIONAL BOWELCANCER

SCREENING PROGRAM

Pathology Services



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