

Your bowel screening test

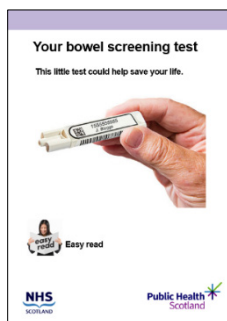
This little test could help save your life.



Easy read

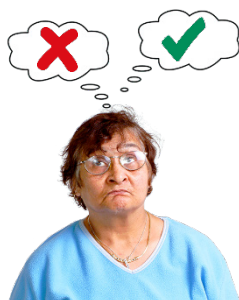
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This booklet tells you

- how to do the bowel screening test at home
- how to keep your bowel healthy
- about your results.



This booklet will help you decide if you want to do the test or not.



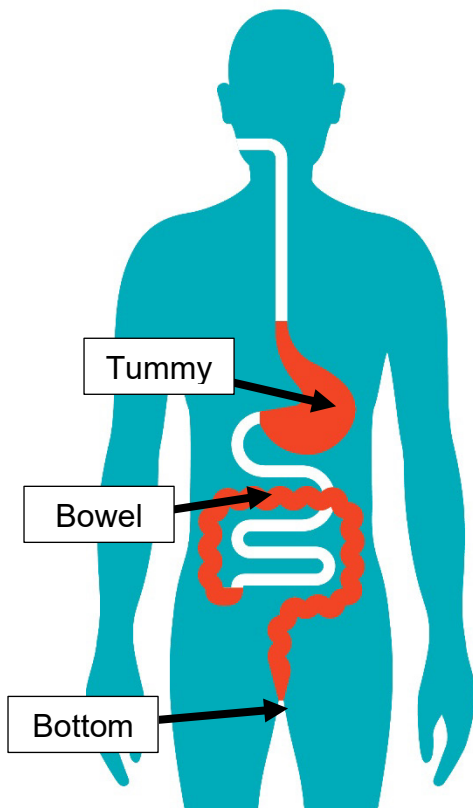
This booklet can be read in sections.

You might need to ask someone to help you read this booklet.



In this booklet, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.

Your bowel



Your bowel is inside your body between your tummy and your bottom.

It makes the waste in your body come out as poo when you go to the toilet.

The bowel screening test



The test looks for a disease in your bowel called bowel cancer.

It cannot find all kinds of bowel cancer.



The test looks for small amounts of blood in your poo that you cannot see.

The test can find bowel cancer at a very early stage.



If bowel cancer is found early you have a good chance of getting better.



You can do the test at home.

When do you get the test?



When you are 50 years old the NHS will send you a bowel screening test in the post.



The test will be posted to you every 2 years until you are 74 years old.



If you are older than 74 years you will need to ask for a bowel screening test.



You will need to phone the helpline on **0800 0121 833** every 2 years to get one.

What you will be sent in the post

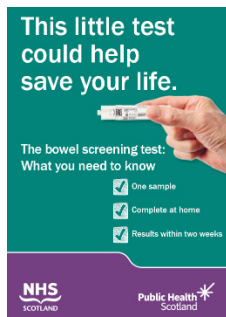
NHS Scotland will send you:



- a test kit



- a letter with a sticky label on the front



- a leaflet



- an envelope for you to post your test back for free.

Doing the test



Read all the information before you start to do the test.



If you need help you can phone the bowel screening helpline number free on **0800 0121 833**.



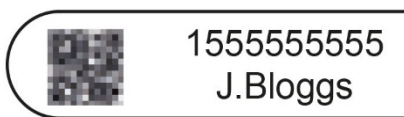
Or talk to someone you trust like a support worker, family member or friend.

Getting ready

When you are ready to do the test you will need to have:



- the test kit



- the label from the top of your letter



- a pen



- toilet paper



- a large container that you can throw away when you are finished.

The container could be an ice cream tub or a plastic take away container.

Doing the test

Take the test kit, instructions, pen and container to catch your poo into the toilet.



Peel off the label on your letter.



Stick label on the side of the test kit marked with the plus sign +.



Write the date you are doing the test on the other side of the test kit.





Put some toilet paper inside the container you are using to collect the poo.

This makes it easier to empty it into the toilet when you are finished.



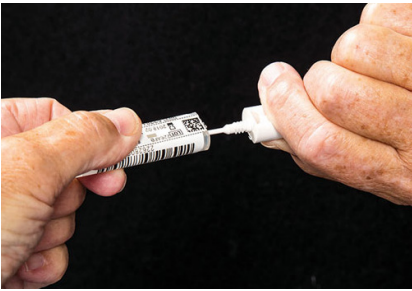
Put the container into the toilet.



Sit on the toilet and poo into the container.

Make sure your poo does not touch the toilet water.

To get the sample of your poo



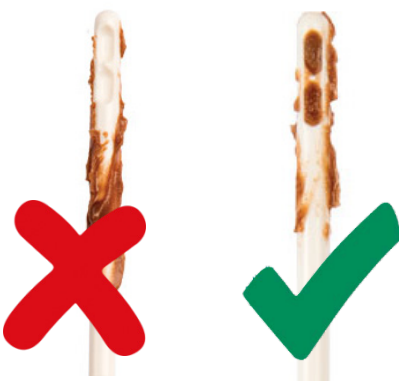
- open the test kit by twisting the top round



- pull out the stick that is attached to the top



- put the end of the stick into your poo



- take out the stick and make sure the two holes at the end of the stick have poo in them.



Put the stick back into the test and twist the top round.

Do not reopen the test.



Put your poo and any toilet paper carefully into the toilet and flush the toilet.



Put the container into a bag and put in the bin.

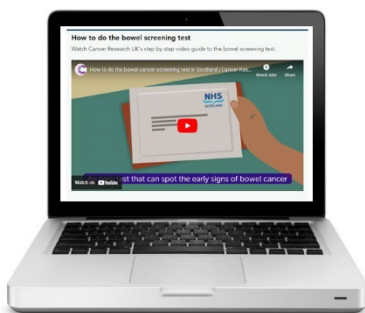
Do not use the container for anything else.



Wash your hands.



If you have any questions after doing the test or think you have made a mistake phone the NHS Scotland bowel screening helpline number free on **0800 0121 833**.



Go to this website to watch a video that will

- tell you how to take the test
- what to do with your test.

www.nhsinform.scot/bowelscreeningtest

Sending your test back

What to do before you send the test kit back



Send the test back as soon as possible after you have done it.



Check you have closed the test.

The top should be twisted round securely.



Check you have stuck the label from your letter to your test on the side with the plus symbol +.



Check you have written the date you took the test on the other side of the test kit.



Put your test in the envelope you got with your letter and leaflet and seal.



You do not need to put a stamp on the envelope.



Put the envelope in the post box.

Your results



You will be sent a letter with the results of your test within 14 days.

No more tests needed



If no blood or a very small amount of blood is found in your poo you will not need any more tests.



You will need to do the test again in 2 years.

Changes can happen before your next test.



Speak to your GP if you have any changes in your poo or get any of the **symptoms** listed on pages 19 and 20.

Symptoms is the word we use to describe how an illness makes people feel.



More tests needed

If blood was found in your poo you will need to have more tests.



Having more tests does not always mean you have bowel cancer.



A doctor or nurse will talk to you about any tests you might need.



You might be asked to have a test called a **colonoscopy**.

A **colonoscopy** is a test that puts a thin tube in your bowel through your bottom.



The colonoscopy will be done in a hospital.

You will be told what to do before you go for your colonoscopy.



3 to 4 hours

It should only take 3 or 4 hours to have colonoscopy.

When should I go to my doctor?



It is important to make an appointment with your doctor if you notice any of these symptoms.



- You see any blood in the toilet from your bottom or in your poo.

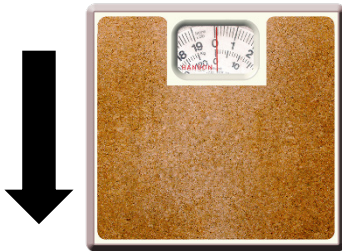


- Your poo is runny and this is not normal for you.
- You stop having poos and this is not normal for you.



- You start to get very bad tummy pain.

- You can feel lumps in your tummy.



- You lose a lot of weight without going on a diet.



- You feel tired all the time.

More information

For help or more information on the test you can contact the Scottish Bowel Screening Centre.



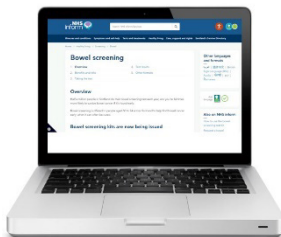
Phone the helpline number free on
0800 0121 833

Or textphone **1800 0800 0121 833**



Or email:

TAY.scottishbowelscreening@nhs.scot



Or go to this website:

www.nhsinform.scot/bowelscreening



You can also talk to

- someone you trust like a support worker, family member or friend



- your nurse, doctor or pharmacist.

How to keep your bowel healthy



Easy read

You can keep your bowel healthy by



- eating fruit and vegetables every day



- eating food that has fibre in it like brown bread, brown rice or porridge



6 to 8 glasses

- drinking 6 to 8 glasses of water every day



- keeping to a healthy weight



- being more active.

Unhealthy things for your bowel



- Eating processed meat like ham, sausages, bacon and burgers.



- Eating a lot of red meat like beef, lamb or pork.



- Drinking a lot of alcohol.



- Smoking.



If you want this booklet in:

- another language
- audio
- BSL
- Braille
- Large print



email **phs.otherformats@phs.scot**



or visit this website

www.nhsinform.scot/bowelscreening



Or phone **0800 030 8013**.



Information in this booklet is correct at the time we wrote it.



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For more information about your rights or how the NHS uses your personal information go to these websites



www.nhsinform.scot/confidentiality



www.nhsinform.scot/data-protection

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