

# How to use the bowel screening test kit



1

Your home test kit will arrive in the post. Open the packaging.



2

Write the date on the sample bottle. Please use a biro pen.



3

Find a clean container. Add some toilet paper.



4

Place your container in the toilet. Do not let your poo touch the toilet water.



5

Twist the cap to open the sample bottle.



6

Scrape the stick along your poo. Put the stick back in the bottle and 'click' to close it.



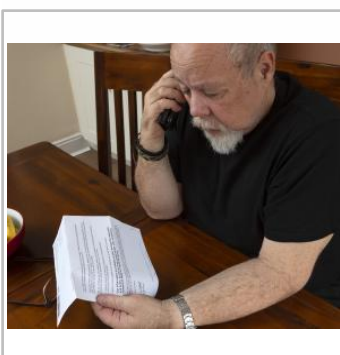
7

Please wash your hands.



8

Put the bottle in the envelope. Peel off the tape and close it. Post the kit back to us as soon as possible.



You need to provide a small amount of your poo so we can check if your bowel is healthy. If you need help, phone our free helpline on 0800 707 60 60.