



BowelScreen
The National Bowel Screening Programme



Home Test Kit Instructions

Freephone 1800 45 45 55
www.bowelscreen.ie

BowelScreen – The National Bowel Screening Programme
is part of the National Cancer Screening Service

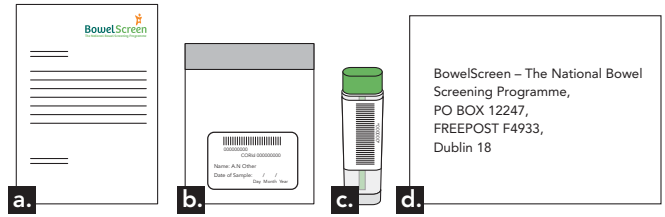
What is the BowelScreen home test kit?

This is a simple test that looks for tiny amounts of blood in your bowel motion (also called a stool). Please read these instructions carefully before you do the home test. To do the home test you will need to produce a bowel motion.

What is in the home test kit?

The home test kit contains:

- a.** a letter,
- b.** a plastic bag with a label,
- c.** a tube and sampling stick for taking your sample, and
- d.** a pre-paid envelope for returning your test sample.



How do I do the test?

1

Write the date on the plastic bag.



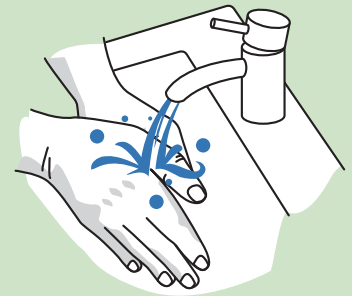
2

The home test can be done at any time of day or night. **Put toilet paper in the bowl to make it easier to collect your sample.** It doesn't matter if your sample touches the toilet water or your urine.



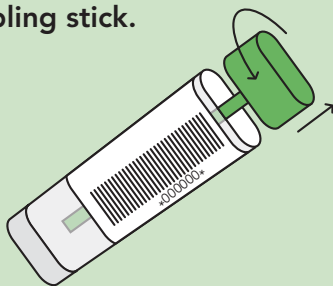
3

Wash and dry your hands.



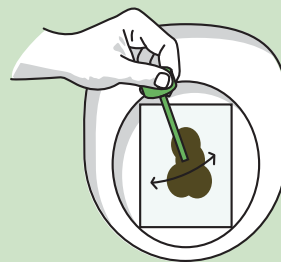
4

Take out the tube. **Twist the green cap of the tube open.** Pull out the sampling stick.



5

Collect a sample by scraping the sampling stick on your bowel motion (stool) until the end of the stick is covered.



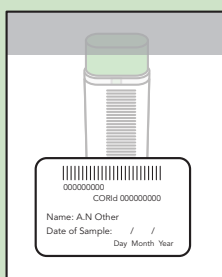
6

Put the sampling stick back in the tube. **Twist the green cap closed until you hear a click.** Do not re-open. **Wash and dry your hands.**



7

Put the tube in the plastic bag and close the bag.



8

Please check:

Have you put the **date on the label on the plastic bag?**

Have you **closed the tube** with your test sample?

Have you put the **sealed tube in the plastic bag?**

If you answer yes to these questions, your sample is ready to post.

9

Put the plastic bag with the tube in the pre-paid envelope and seal it. The envelope is safe to send in the post. The postage is free.

Post immediately. The sample should be posted within **seven days** of the test being taken.

If you have any problems doing the home test or need some more information, call Freephone 1800 45 45 55.

Once you have sent back your sample, we will send you a letter with the results of your test in four weeks.

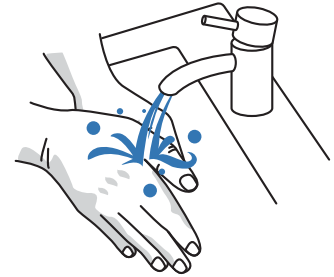
1



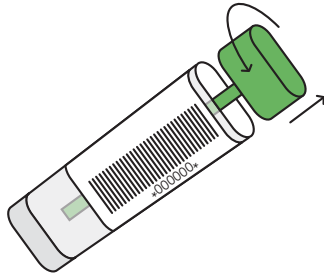
2



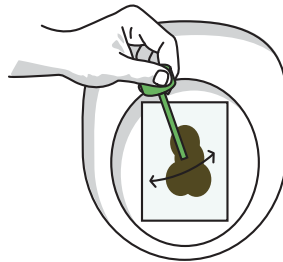
3



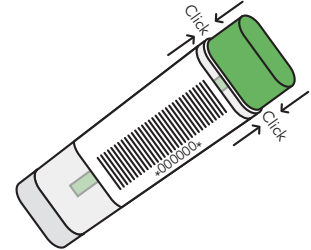
4



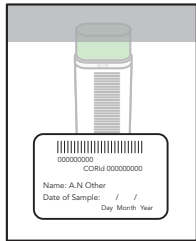
5



6



7



8

Please check:

I have dated the label



My tube is in the bag



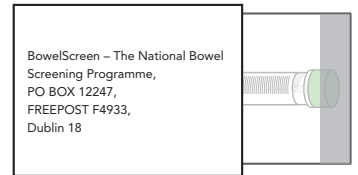
I'm ready to post



Post immediately



9



BowelScreen – The National Bowel Screening Programme,
PO BOX 12247,
FREEPOST F4933,
Dublin 18