

Easy Read

About your bowel test kit



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phw.nhs.wales/bowel-screening

How to use this leaflet



This is an Easy Read leaflet. The words are easy to read and understand. Difficult words are in **bold** the first time they are used.



You may need help and support to read and understand this leaflet. Ask someone you know to help you.



This leaflet is available in Welsh.

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What is this leaflet about?



This leaflet is about a health test for men and women.



The test checks your bowel is healthy.

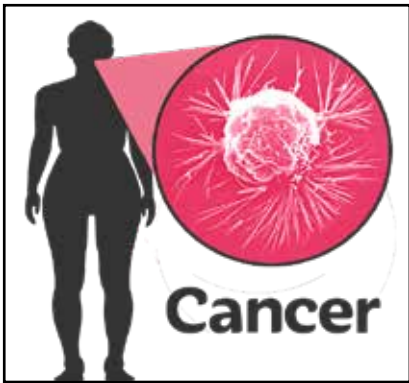


This leaflet tells you how to do the bowel test kit.



Doing the bowel test can save your life.

What is cancer?



Cancer is a very serious illness.

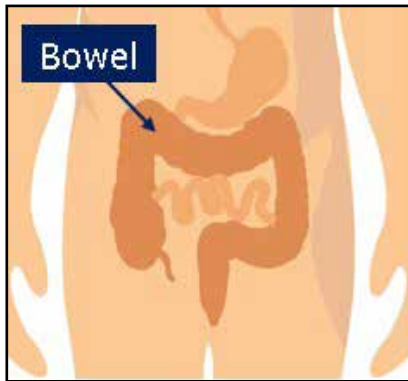


The earlier we find cancer the easier it is to treat you.

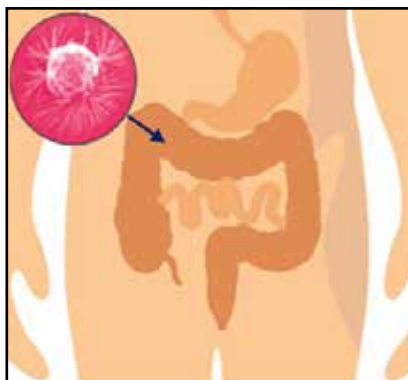


Lots of people who get cancer get better.
Some people who get cancer will die.

What is bowel cancer?



Your bowel is a large tube in your tummy. The food you eat goes through the bowel and comes out as poo.



You can get cancer in your bowel.



Blood in your poo can be a sign you have bowel cancer.



You can feel well and not know you have bowel cancer.

What is a bowel test kit?



The bowel test kit looks for blood in your poo that you cannot see.



You will be sent a bowel test kit in the post.



You can do the bowel test kit at home.



If you need help you can ask your doctor or ring Bowel Screening Wales 0800 294 3370.

Doing the bowel test kit is important, it could save your life.

Who will get a bowel test kit?



Men and women aged 50 to 74 will be sent a bowel test kit.



You will be sent a bowel test kit every 2 years.



You do not need to ask for the bowel test kit. You will be sent it when you are due to be tested.



Doing a bowel test kit is your choice.

Doing your bowel test kit



In your pack you will have:

- letter
- leaflet
- **instructions**
- test kit
- envelope



The instructions will tell you what to do.



You will need to collect your poo and dip the stick into your poo.

Doing your bowel test kit



If you make a **mistake** or lose your kit you can ask for another one.



When you have done your bowel test kit put it in the envelope.



Send your bowel test kit in the post as soon as you can.

If you need help, you can phone Bowel Screening Wales on 0800 294 3370 or ask your doctor, carer or support worker.

Your bowel test results



The bowel test kit is checked for blood in your poo that you cannot see.



You will be sent a result letter in the post in about 2 weeks.



Your letter will tell you if you have blood in your poo, or if you do not have blood in your poo.

If you do not have blood in your poo



If your letter tells you that you do not have blood in your poo you will not need more tests.

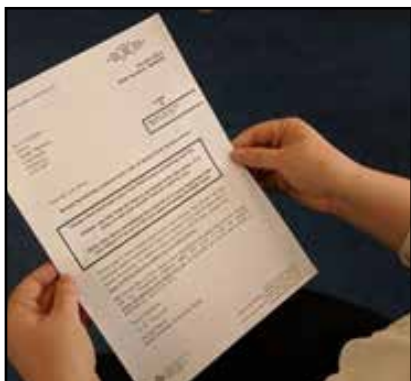


If you are aged 50 to 74 you will be sent another bowel test kit in 2 years.



It is important to do your bowel test kit when you are sent another one.

If you have blood in your poo



Your result letter will tell you if blood was found in your poo.



If blood was found in your poo you will need a test in the hospital.



The test will find out why you have blood in your poo.



You will be asked to ring Bowel Screening Wales to make an appointment to speak to a nurse.

Changes to look out for



Blood in your poo.



Going for a poo more often.



Runny poo, this is called **diarrhoea**.



Finding it hard to do a poo, this is called **constipation**.

Changes to look out for



Losing weight and you do not know why.



Pains or a lump in your tummy.



Feeling tired all of the time.

If you notice any of these changes tell your doctor even if you have done your bowel test.



Stop smoking. You can get free help to support you to stop smoking.

Ring Help Me Quit on: 0800 085 2219.



Eat healthy food.



Move more.



Drink less alcohol.

More information



Call us on: 0800 294 3370.

You can speak with us on the phone in Welsh or English.



You can email us in Welsh or English:

phw.bsw@wales.nhs.uk



You can visit our website:

www.phw.nhs.wales/bowel-screening



For more information and support visit:

www.bowelcanceruk.org.uk