

Easy Read

About your bowel test kit



V5: Feb 25



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



www.phw.nhs.wales/bowel-screening



0800 294 3370

Scan here



How to use this leaflet



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

You can talk to a **specialist doctor**.

A **specialist doctor** is a doctor who knows more about children's hearing.

Difficult words will be explained in a blue box.



This leaflet is available in Welsh.



At the top of each page there is a different colour.

This is to help you find what you are looking for.

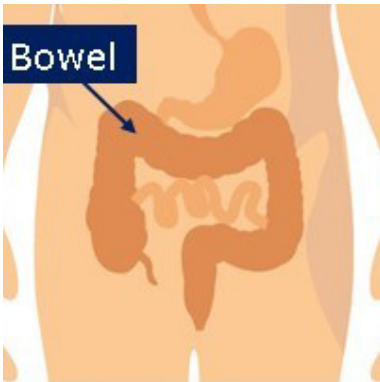
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What is this leaflet about?



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



The test checks your bowel is healthy.

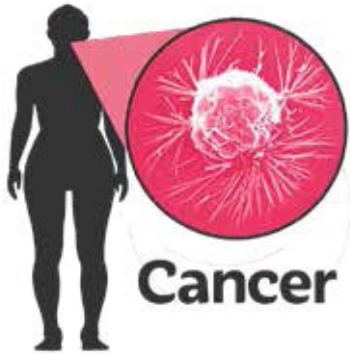


This leaflet tells you how to do the bowel test kit.



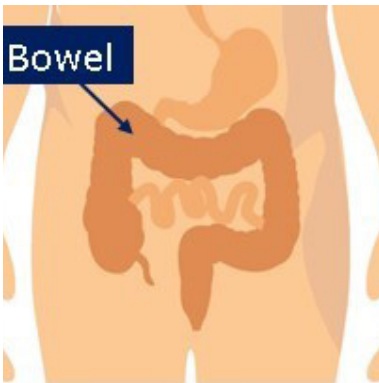
Doing the bowel test can save your life.

What is bowel cancer?



Cancer is a very serious illness.

You can get cancer in your bowel.



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



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

More about what is bowel cancer



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



The earlier we find bowel 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 a bowel test kit?



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



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



You can do the bowel test kit at home.



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

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

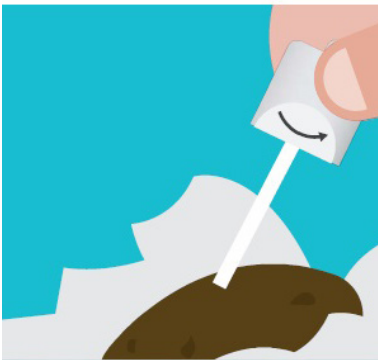


In your pack, you will have:

- letter
- leaflet
- instructions
- test kit
- purple envelope



The instructions will tell you what to do.



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



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

More about doing your bowel test kit



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.

About 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.

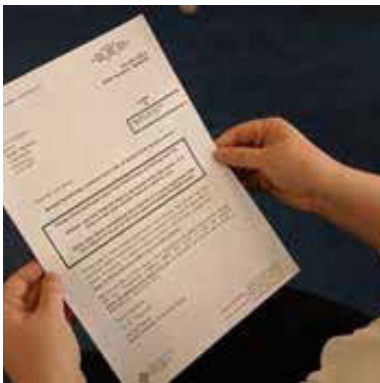


If you are aged 50 to 74, you will be sent another bowel test kit in 2 years.

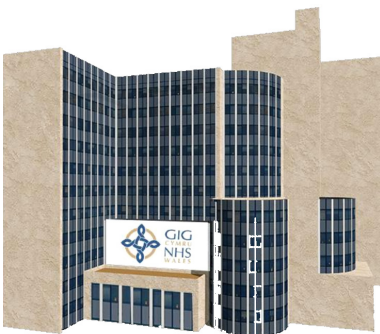


It is important to do your bowel test kit when you are sent another one.

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.



Diarrhoea.

This means when you have runny poo.



Constipation.

This means when you find it hard to do a poo.

More about 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.

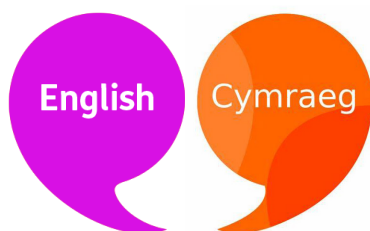
Where can I get more information?



You can phone us:
[0800 294 3370](tel:08002943370)



You can email us:
bowel-screening@wales.nhs.uk



You can contact us in Welsh or English. It will take us the same amount of time to answer you whichever language you choose.



You can visit our website:
www.phw.nhs.wales/bowel-screening



For more information and support visit:
www.bowelcanceruk.org.uk

Keeping healthy



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

Ring Help Me Quit on: [0800 085 2219](tel:08000852219)



Eat healthy food.



Move more.



Drink less alcohol.



You can visit our Keeping Healthy page:
www.phw.wales.nhs/screening-keeping-healthy