

Easy Read

# What happens if blood is found in your poo



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



[phw.nhs.wales/bowel-screening](http://phw.nhs.wales/bowel-screening)



# How to use this leaflet

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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.



Cymraeg

This leaflet is available in Welsh.

# Contents: What is in this leaflet

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# What is this leaflet about?

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This leaflet tells you about a test you may need if blood is found in your poo.



The test checks why you have blood in your poo.



The test you will be offered is called a **colonoscopy**. This test will be done in the hospital.



A colonoscopy looks at the inside of your bowel using a thin tube with a tiny camera on the end.

# About your bowel test results



The bowel test kit you sent in the post shows that blood has been found in your poo.



It is important to find out why you have blood in your poo.

# What happens next?

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You need to ring Bowel Screening Wales to make an appointment to talk to a nurse. Please ring Bowel Screening Wales if you need to cancel or change your appointment.



The nurse will ring you to talk about the test you will need. This phone call may last up to an hour.



The nurse will ask you questions about your health and any **medicines** you take.



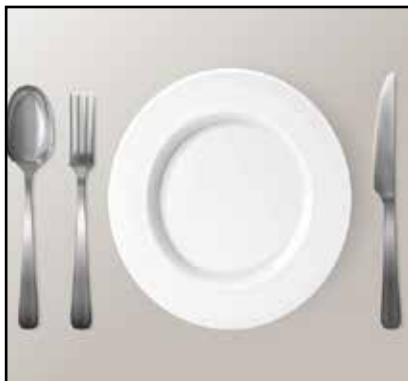
You may need to ask for support from family or your carer when you make this phone call.



# Getting ready for the test



The nurse will tell you what you need to do before you have the test.



The nurse will tell you what you can and cannot eat before and after the test.



You will be given some medicine to take at home before you have the test. This is to make sure there is no poo in your body.



You will need to be near a toilet when you take the medicine as it will make you poo.

# Having your test

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It is important that someone comes with you to the hospital. You will be at the hospital for about 3 hours.



The nurse will meet you and ask if you are happy to have the test.



You may be given some medicine to help you relax.



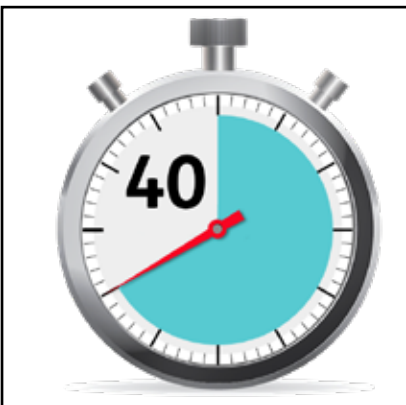
# Having your test



The doctor will put the tube up your bottom. It may feel **uncomfortable**.



The doctor will be able to see inside your bowel and find out why you have blood in your poo.



The test will last about 40 minutes.

# What happens after the test?

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You will be taken to a room to rest. You may feel a bit sleepy.



You will be offered a hot drink and a biscuit.



The nurse will talk to you about the what the test showed and tell you what will happen next.

# What happens after the test?

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You should be able to go home on the same day. It is important that you rest.



If you have had medicine to help you relax you will not be able to drive after the test.



You may need someone to go home with you and stay overnight.

# Keeping healthy

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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](mailto:phw.bsw@wales.nhs.uk)



You can visit our website:

[www.phw.nhs.wales/bowel-screening](http://www.phw.nhs.wales/bowel-screening)



For more information and support visit:

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)