



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Sgrinio
Coluddion
Cymru



**Bowel
Screening
Wales**

Easy read



About your bowel test kit



www.bowelscreening.wales.nhs.uk

This leaflet is available in Welsh

How to use this leaflet



This is an Easy Read leaflet. The words are easy to read and understand.



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

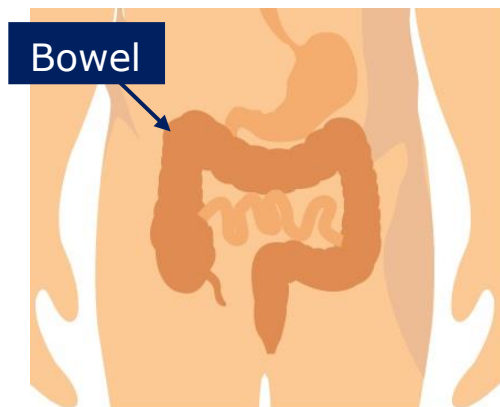


This leaflet is available in Welsh.

1. What is this leaflet about?



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



The test checks your bowel is healthy.

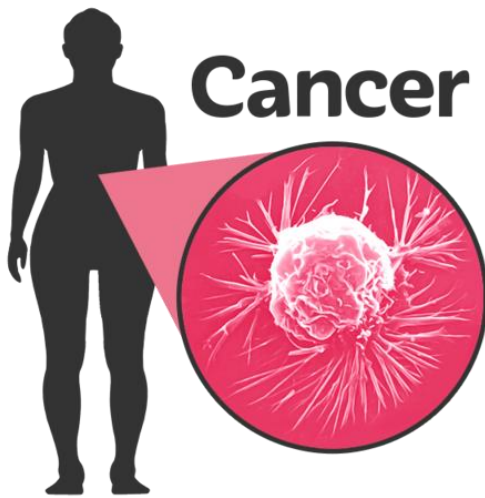


This leaflet tells you how to do the bowel test kit.



Doing the bowel test can save your life.

2. What is cancer?



Cancer is a very serious illness. When a person has **cancer** they will need to go to hospital.



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

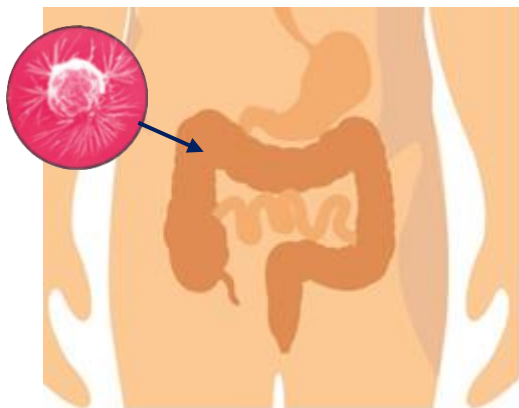


The earlier we find cancer the easier it is to treat you.

3. 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.

4. What is the 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 test at home.



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

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

5. Who will get a bowel test kit?



Men and women
aged **58 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 kit, you will be
sent it when you are due
to be tested.

6. Doing your bowel test kit

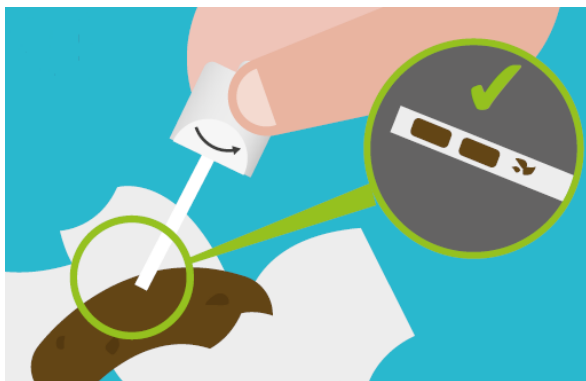


In your pack you will have:

- 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.

6. 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 kit put it in the envelope.



Send your 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 or support worker.

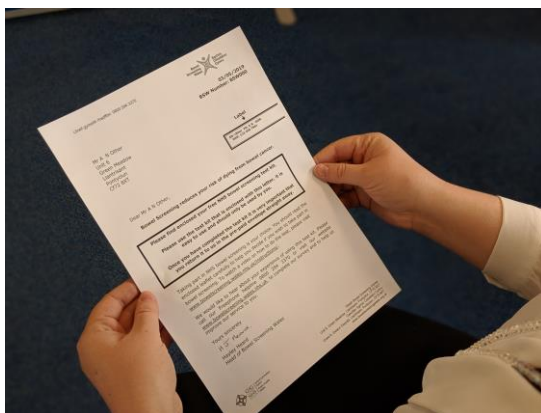
7. Your bowel screening results



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

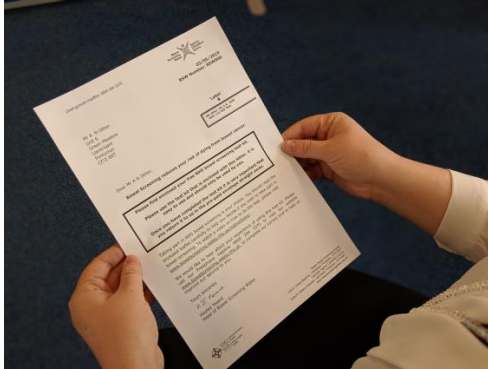


You will be sent a result letter in the post in about **2 weeks**.



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

8. 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.

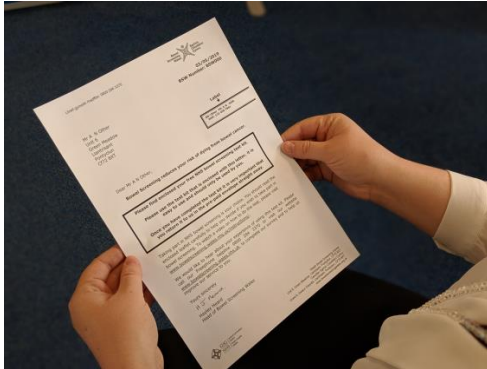


If you are aged **58 to 74** you will be sent another bowel test kit in **2 years**.



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

9. 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. It does not mean you have bowel cancer.



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

10. What can I do to keep healthy?



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

Ring **Help Me Quit** on:
0800 085 2219



Eat lots of fruit, vegetables and fibre. Fibre is in foods like brown bread and brown rice.



Move more.



Drink less alcohol.

11. 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.

11. Changes to look out for:



Losing weight and you do not know why.



Pains in your tummy.




Feeling tired all of the time.

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

12. Where can I get more information?



Phone **Bowel Screening Wales** on:

 **0800 294 3370**

You can speak with us on the phone in Welsh.

You can visit our website:

 **www.bowelscreening.wales.nhs.uk**

For more information and support about bowel cancer visit:



 **www.bowelcanceruk.org.uk**

Images courtesy of:
Freepik (pages 13 and 15)
Photosymbols (pages 4 and 5).