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Bowel
Screening
Wales

Easy read



What happens if blood is found in your poo



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.

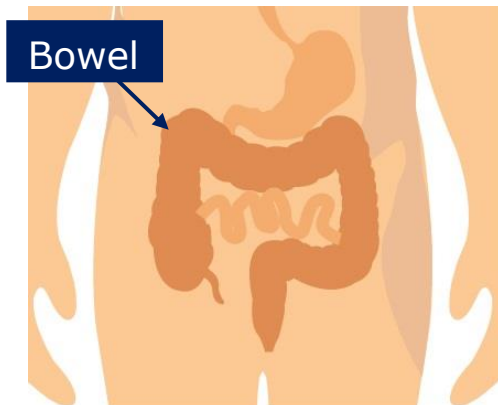


You may need help and support to read and understand this leaflet. Ask someone you know to help you.



This leaflet is available in Welsh

1. What is this leaflet about?



This leaflet 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.

2. About your bowel test result



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.



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Your result does not mean you have bowel cancer. Blood in your poo may be caused by other reasons.

3. What happens next?



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



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.

4. 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.

5. Having your test



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.

5. 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.

6. What happens after the test?



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.

7. After you have had the test



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.

8. 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

9. 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**