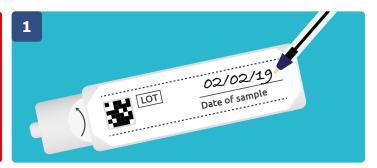
## Bowel screening test kit instructions You will need...

Something to catch your poo, such as an old, clean container



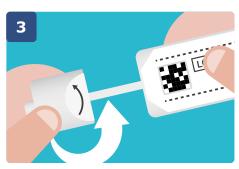
## Very important

Write the date you take the sample on the test kit or we may not be able to test it.





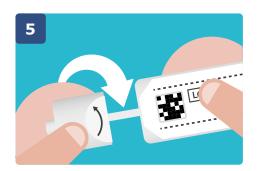
Put a container or toilet paper into the toilet to catch your poo.



Unscrew the lid of the tube to remove the stick.



Dip the end of the stick into your poo sample. Only fill the two small grooves at the end of the stick (as shown above).



Place the stick back in the tube. Close the tube by screwing the lid back on.



Remember to wash your hands.



Once completed, put the test kit in the purple padded prepaid envelope provided and post it to us as soon as possible.





**0800 294 3370** | www.bowelscreening.wales.nhs.uk We welcome phone calls in Welsh



