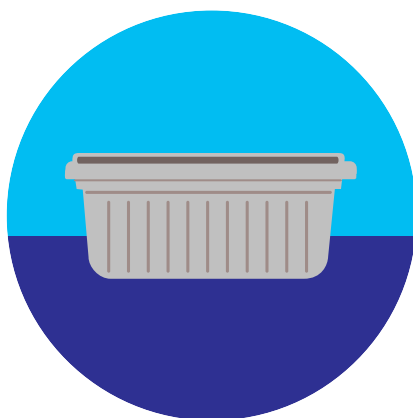


TIPS FOR COLLECTING YOUR POO

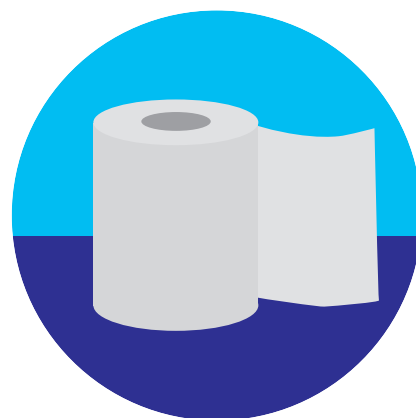
Here are some ideas of ways to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest?



**Cling film over the toilet
(remember to leave a dip)**



**Tubs that fruit like grapes
come in**



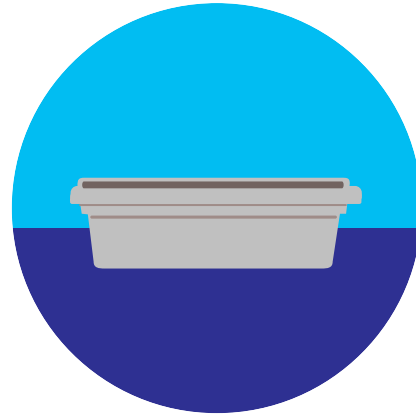
**Folded toilet
paper in your
hand**



**A plastic bag
over your hand,
or a glove**

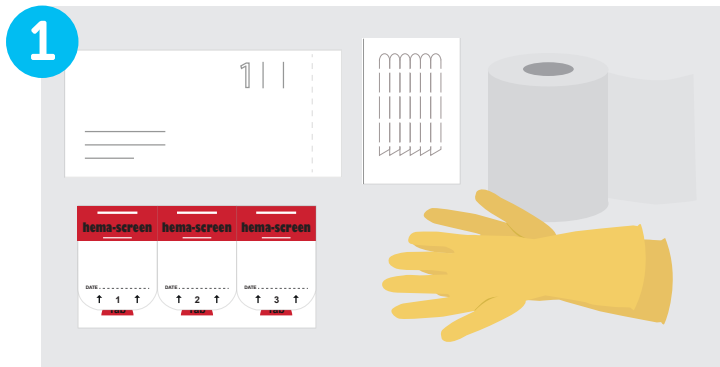


**A clean empty
margarine or
ice cream tub**

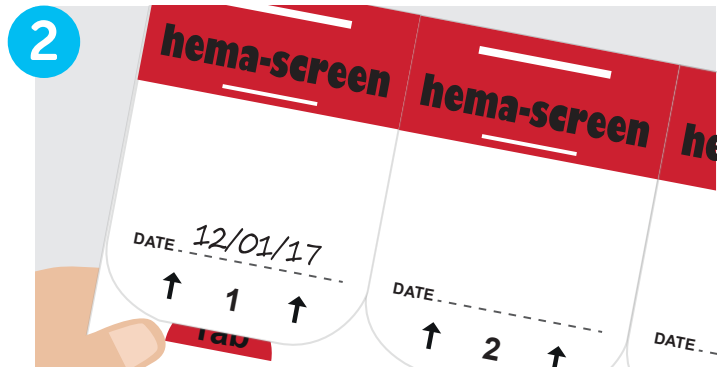


**A clean empty
takeaway
container**

HOW TO DO THE BOWEL SCREENING KIT



1 Get ready - collect what you need to catch your poo before you sit on the toilet.



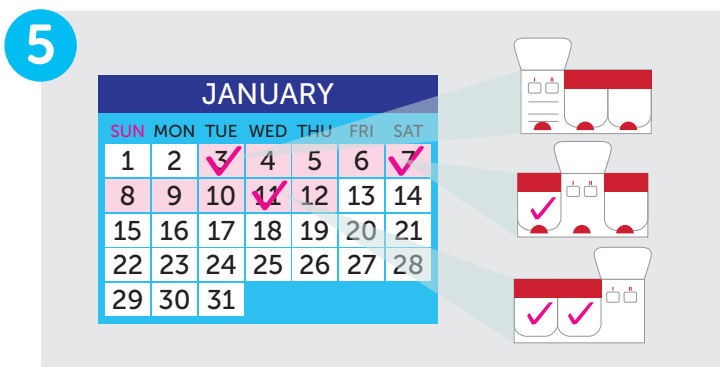
2 Take kit and 2 white sticks out of the envelope. Leave the side DO NOT OPEN sealed. Write today's date on the 1st flap.



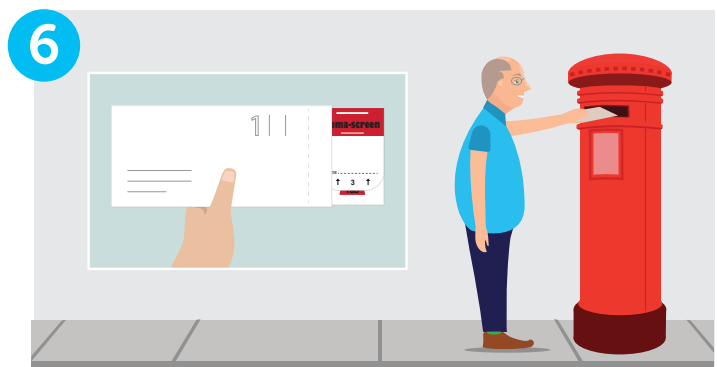
3 Make sure your poo sample doesn't touch the toilet water, as this could affect the result. Use one of the sticks to take a small bit of the poo, and smear it on the 1st window. Use the 2nd stick to put a different bit of poo on the 2nd window.



4 Throw the 2 sticks in the bin and store your kit in a cool, dry place away from lots of light (e.g. you could put it in a plastic container until next time).



5 Repeat the process, samples from 2 more poos on different days, within a 10 day period.



6 Put the kit in the prepaid envelope provided and post it back. You should get your results within 2 weeks.

Remember, if you get an abnormal result, it could be down to lots of different things. It doesn't necessarily mean cancer. But if it is cancer, catching it at an early stage means it is easier to treat successfully.