

**If you're aged
45–74 years,
when you get the
bowel test kit in
the mail from the
Australian Government:**

Get **2** it

If you've lost or thrown away your bowel test kit, you can easily order a free replacement kit.

To reorder your bowel test kit, you can order it online at bowelcancer.org.au/reorder-kit or call the National Cancer Screening Register (NCSR) on 1800 627 701

Not sure if you have a symptom or a strong family history of bowel cancer?

Speak to your doctor or contact Cancer Council on 13 11 20 or visit www.bowelcancer.org.au

For cancer information and support contact Cancer Council on **13 11 20** or www.cancer.org.au



For cancer information in your language call **13 14 50**

Cancer Council would like to acknowledge Julie Haysom for the illustrations used in this brochure.

We would also like to thank WA Health for permission to adapt their brochure for use as a Cancer Council resource.

June 2022

Supported by

Australian Government

**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

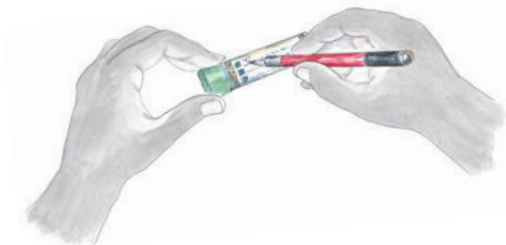


**Did you know that
bowel cancer can
develop without
noticeable symptoms?**

That's why a bowel screening test can save your life.



1 Write your name, date of birth and date of sample on the label on one of the collection tubes



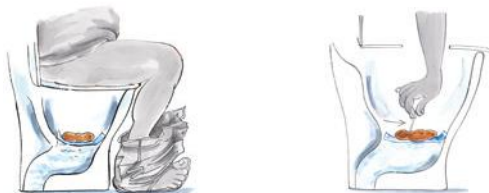
2 Prepare to collect the first sample

Do a wee and flush the toilet.

Put the paper toilet liner in the toilet bowl (it's OK if the paper gets wet, it can be flushed).



3 Collect the first sample



Poo onto the paper.

Open the tube and scrape the tip of the stick into the poo.

Get a tiny sample. Smaller than a grain of rice is OK.

4 Store the first sample

Put the stick back into the collection tube and click the lid shut. Shake the tube up and down.

Put the first collection tube in the fridge.

Do not freeze.



5 Use the other stick to collect the second sample when you do your next poo

Repeat steps 1 to 4 to collect the second sample.

The second sample should be collected as soon as you can.

6 Complete the participant details form or get help to complete it

Put the participant details form and the two collection tubes (in the sealed zip lock bag) into the reply paid envelope. Post the envelope.



You will get your result within a few weeks

Blood found
See your doctor for more tests. This does not mean you have cancer.

Blood not found
Do the at-home bowel kit again in 2 years.