

## Using the national bowel cancer screening kit video

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By 2020, people aged between 50 and 74 will receive a free National Bowel Cancer Screening

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Kit every two years. The kit is designed to detect minute traces

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of blood in your bowel movements and makes it easy to safely and discreetly collect a

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small stool sample in the convenience of your own home.

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Each kit contains a full instruction booklet, a zip-lock bag, two flushable collection sheets,

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two sampling sticks and sterile collection tubes, two identification stickers for the

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collection tubes, two transportation tubes, and a prepaid envelope and checklist with

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which to return your samples. You need to collect two samples, ideally on

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two consecutive days. On day one take one of the flushable paper

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mats and lay it inside your toilet. This will catch your bowel movement.

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Next use the tip of the blue sampling stick to collect a small sample of your stool no

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bigger than a rice grain by dragging it back and forth through the bowel movement.

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Then push the sampling stick into one of the collection tubes and you can now flush your

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toilet as normal. Next fill in the details on one of the identification

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stickers, and stick it around the collection tube.

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Finally place the vial in one of the transportation tubes and store it somewhere cool, away from

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sunlight. On day two repeat the whole process using

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the red sampling stick and collection tube. Then, using your checklist ensure everything

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has been completed, seal both samples and your signed participant details form in the

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prepaid envelope. Please mail it as soon as possible - preferably

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from a post office to help avoid any heat that may affect your sample.

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Remember, a positive test result does not mean that you have bowel cancer. It simply

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means that you have traces of blood in your bowel movement, which may be due to conditions

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other than cancer. However, if your result is positive you should

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discuss it with your doctor. For any more information call this number.

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