

How to do the test



STEP 1 – PREPARE



1. Write on tube label



2. Do a wee and flush



3. Put liner in toilet

STEP 2 – COLLECT



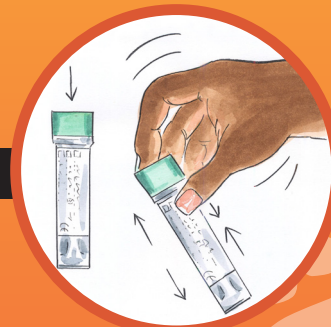
1. Do a poo



2. Open tube, pull out collection stick



3. Scrape stick through poo



4. Put stick back in tube, shake



5. Flush toilet

STEP 3 – STORE AND REPEAT



1. Place tube in bag
2. Put sample in fridge



3. Next poo, repeat with second tube

Health Screening
for Bowel Cancer

HOW TO DO THE TEST

STEP 1 – PREPARE

1. On one of the tube labels, write your
 - full name
 - date of birth
 - date you take the sample
2. Before collecting your sample, empty your bladder (do a wee) and flush the toilet.
3. Put the toilet liner over the water in the toilet bowl. The writing should be facing up.
4. If the toilet liner sinks, it's still ok to take the sample.

STEP 2 – COLLECT

1. Do your poo onto the toilet liner.
2. Open the collection tube by **twisting** the green cap.
3. Scrape the tip of the stick over different areas of the surface of the poo. The sample only needs to be tiny – smaller than a grain of rice.

4. Put the stick back into the collection tube and **click the lid shut**.
5. **Shake** the tube up and down several times. Do not remove the stick again.
6. Flush the toilet liner and poo down the toilet. Wash your hands.

STEP 3 – STORE AND REPEAT

1. Place the tube into one compartment in the ziplock bag.
2. Put the sample in the fridge. **(Do not freeze)**.
3. **Repeat Steps 1 – 3** with the second collection tube when you do another poo (on the same day, the next day, or as soon as you can).

For more information

Program Info Line: 1800 118 868

(calls from mobiles may be charged)

www.cancerscreening.gov.au/bowel

www.indigenousbowelscreen.com.au

**NATIONAL
BOWELCANCER**
SCREENING PROGRAM



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