Bowel screening test kit instructions

You will need...

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

**Important** Write the date you took the sample on the test kit.

1. Take the test kit out of the envelope.
2. Put the container or toilet paper into the toilet to catch the poo. Throw the container away after use.
3. Unscrew the lid of the tube to remove the stick.
4. Dip the end of the stick into your poo sample.
5. There are two small grooves at the end of the stick. Only fill the small grooves as shown above.
6. Place the stick back in the tube. Close the tube by screwing the lid back on.
7. **Important** Write the date you took the sample on the test kit.
8. Put the test kit in the prepaid envelope provided.
9. Remember to wash your hands.
10. Once completed, post your sample as soon as possible.

0800 294 3370 | www.bowelscreening.wales.nhs.uk

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