

An easy read leaflet

Having a bowel screening test

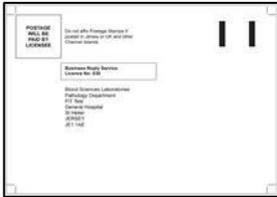


This leaflet tells you about the bowel cancer screening test.

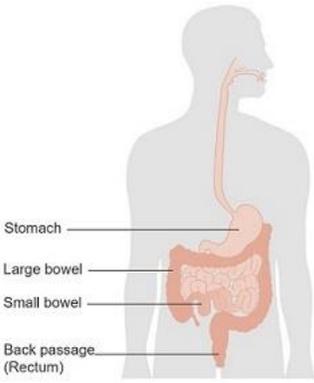
You can contact the Bowel Screening Team for more information. Telephone: **01534 444376**

If you need help, ask a friend or carer to phone for you.

Bowel cancer screening

	<p>You have been sent a bowel screening test kit. You can do this test at home.</p>
	<p>We have sent you:</p> <ul style="list-style-type: none">• a test kit
	<ul style="list-style-type: none">• a letter
	<ul style="list-style-type: none">• a freepost envelope

Bowel cancer

	<p>Bowel cancer is a disease that some people get in their bowel.</p> <p>Bowel cancer is an illness that you can die from.</p> <p>Bowel cancer screening helps find bowel cancer at an early stage.</p>
	<p>Your bowel is inside your body.</p> <p>It connects your stomach (tummy) to your bottom.</p> <p>The bowel takes away waste your body does not need.</p> <p>This is called poo.</p>

Your choice



It is your choice if you want to do the test or not.



You can talk to your Doctor or someone you trust to help you decide.



Good points

Doing the screening test helps find bowel cancer at an early stage.

If bowel cancer is found early you have a better chance of living.
You can do the test at home.



Bad points

The screening test will find most bowel cancers, but some can be missed.

Doing the screening test

	<p>The test looks for tiny amounts of blood in your poo.</p> <p>You can do the test on your own or you can ask someone to help you.</p> <p>To do the screening test, you need to collect a small amount of your poo.</p>
	<p>To catch your poo, you can use:</p> <ul style="list-style-type: none">• toilet paper
	<ul style="list-style-type: none">• a clean empty container



Write the date on the label of your test kit.



Take the kit into the bathroom.



Put toilet paper inside the container you are using to collect the poo.



Catch your poo before it goes in the toilet water.



Remove the container from the toilet.



Open the kit.



Wipe the stick through the poo.



Put the stick back into the kit.

Click the lid closed.

Do not reopen the kit.



Tip the poo into the toilet.



Throw the container into a bin.



Wash your hands with soap and water.



Put your kit into the envelope.



Peel the tape off and stick the envelope down.



You do not need a stamp.



Put the envelope in a post box.

Screening test results

	<p>You should get a letter within 14 days with your results.</p> <p>The test result will say you have:</p>
	<p>Little or no blood in your poo:</p> <p>You do not need more tests.</p> <p>Or</p>
	<p>Blood in poo:</p> <p>You may need more tests.</p> <p>A Doctor or Nurse will talk to you about your results.</p>

Keeping your bowel healthy

	<p>Having a healthy bowel can stop cancer.</p> <p>Eat 5 pieces of fruit and vegetables every day.</p>
<p>Eat food high in fibre. This includes:</p>	
	<ul style="list-style-type: none">• brown bread
	<ul style="list-style-type: none">• porridge
	<ul style="list-style-type: none">• brown rice



Drink 6 to 8 glasses of water every day.



Be a healthy weight.



Do some exercise every day.

Some foods are not good for your bowel if you eat a lot of them.

They include:

	<ul style="list-style-type: none">• ham
	<ul style="list-style-type: none">• bacon
	<ul style="list-style-type: none">• burgers
	<ul style="list-style-type: none">• sausages
	<ul style="list-style-type: none">• beef
	<ul style="list-style-type: none">• pork
	<ul style="list-style-type: none">• lamb



Drinking **a lot** of alcohol is bad for your bowel.



Smoking is bad for your bowel.

You can find free support to quit smoking at www.gov.je/help2quit



Telephone:
0800 735 1155
and leave us your telephone number.

When you should go to your doctor

You should go to your doctor if:	
	<ul style="list-style-type: none">• you see blood in your poo• your poo is runny for at least 3 weeks and this is not normal for you
	<ul style="list-style-type: none">• you stop having a poo and this is not normal for you• you start to get very bad tummy pains
	<ul style="list-style-type: none">• you can feel lumps in your tummy• you lose weight quickly without trying to• you feel tired all the time and this is not normal for you

For more information



You can call our bowel screening team.



If you need a translator or help ask a family member, friend or carer to phone for you.



Telephone:

01534 444376



You can visit:

www.gov.je/bowelscreening



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