

## Acknowledgments

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Watch the film on [www.easyhealth.org](http://www.easyhealth.org)  
Created 2012.



# The Bowel Screening Test



Help for people with  
learning disabilities.



All men and women over 60 years old are invited for **Bowel Cancer Screening**.

Bowel Cancer Screening means doing a test to check if your bowel is healthy.

You can watch a film that tells you about this on: **[www.easyhealth.org](http://www.easyhealth.org)**

### **Notes for carers**

Please use this booklet along with “The bowel screening test” film, to help the person you support to make a decision about the Bowel Screening test.  
[www.easyhealth.org](http://www.easyhealth.org)

### **What if the person I support does not have the capacity to make a decision about screening?**

Lack of capacity does not necessarily mean that the person can not, or should not have the test. Any decisions for a person who lacks capacity must be made in their best interests.

If you need further advice or support regarding best interest decisions, please contact your local Community Learning Disability Team.

### **Remember.**

The most common symptoms of bowel cancer to look out for are:

- Persistent change in bowel habits, going more often, diarrhoea for several weeks.
- Bleeding from the bottom without an obvious reason.
- Abdominal pain, especially if severe.
- A lump in your tummy.

Please remember these symptoms do not mean you have bowel cancer, but if you or the person you care for, have 1 or more of the above symptoms, for more than 4 to 6 weeks, go and see your GP.



You will get a letter in 2 weeks.

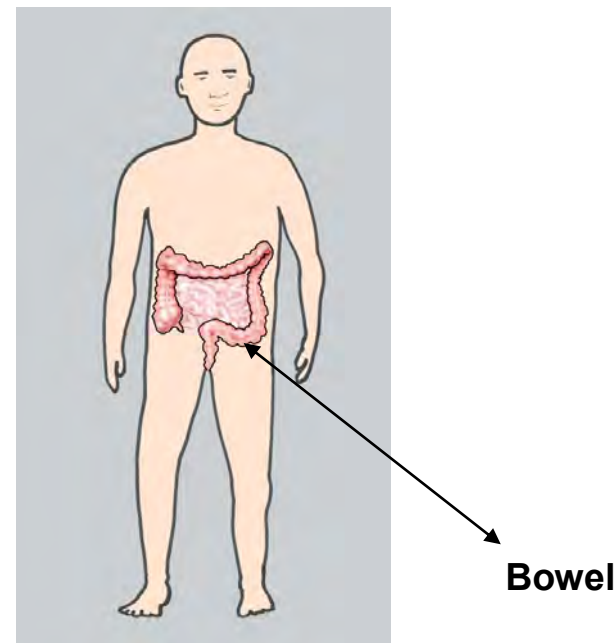
The letter will tell you the results of the test.

If the results are ok, you will be invited to do another test in 2 years time.

If your results are not ok, you will get an appointment to see the Nurse at the Specialist Screening Practitioner Clinic.

The Nurse will talk to you about your results.

You can talk to a friend, relative, or carer, about your test results.



The best way to check if your bowel is healthy is to test your poo.

This is called a Bowel Screening Test.

The bowel is where your poo is made. Poo is all the waste from your body.



You can choose if you want to do the Bowel Screening test. Talk to a friend, relative or carer about it. They could help you with the test.

You can also talk to a Doctor, Community Nurse or Health worker.

They can help you decide if you want to do the Bowel Screening test.

Or you can phone the NHS Bowel Cancer Screening helpline;  
**0800 7076060**



Now you need to post it in the post box.

You can ask a friend relative or carer to help you with doing the test.



Put the test card into the special envelope.

Check you have sealed the envelope.

You **do not** need to put a stamp on it.

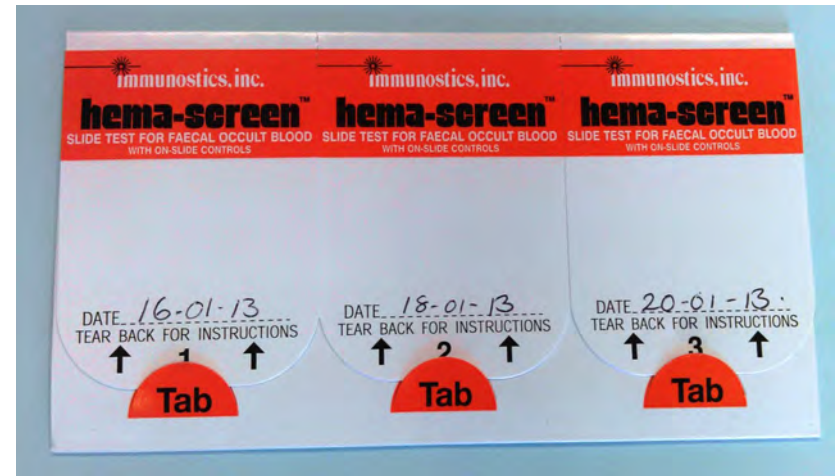
The address is already on the envelope.



You will get a letter in the post about doing the test.

A week later you will get a test kit through the post.

You do not need to ask for it.



When you have finished doing the test card, you should have done it 3 times.

Check you have written the dates on the test card.

Check you have closed all the flaps.

The test kit will have;

- An orange and white test card to put your poo on.
- Some cardboard sticks to put your poo on the test card.
- A special envelope to send your test card back in.
- A letter with the instructions on.



**Test 3**

You will need to do the test one more time.  
 You have 10 days to complete the 3 tests.

When you need another poo, you will need to write the date on the third flap on the test card.

Look at the booklet again and do the test again.

You will need to look at pages; 8, 9, 10, 11, 12, 13,14,15, 16 and 17.



**Test 1**

When you need to do a poo, write the date on the first flap on the test card.



You will need a **clean** plastic container to catch your poo.

You will need a plastic bag to throw away the rubbish after.

Take the test kit, a plastic bag and a clean plastic container to the toilet with you.

Try to have a wee before you collect your poo.  
**Do not get any wee in the poo.**



Use another stick, take another piece of poo from a different part of the poo.

Spread it onto the second box.

Throw the cardboard stick away in the plastic bag.

Close the flap. Tuck it under the orange Tab.

Put the test card somewhere safe in the bathroom.

Put the rest of the poo down the toilet.

Throw the plastic container away with the rubbish in the plastic bag. **Now wash your hands.**





Open the second flap on the test card.  
You will see 2 boxes.

Take one of the cardboard sticks.  
Using the stick, take a very small amount of poo.

Spread a little bit of poo on the first box.

Throw the cardboard stick away in the  
plastic bag.

Put the container into the toilet to collect the  
poo.



Sit down on the toilet, and have a poo.

When you have finished, take the container out of the toilet.

Put the container on the floor or on the side.



## Test 2

When you need another poo, you will need to do the test again.

You will need to write the date on the second flap on the test card.

Do the same as before.

You will need to look at pages; 8, 9, 10, and 11.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

You now have 10 days to finish doing the test card.

You need to do the test 2 more times in the next 10 days.



Now wipe your bottom and pull your pants up.



Open the flap on the test card.

You will see 2 boxes.



Put the rest of the poo down the toilet.

Throw the plastic container away with the rubbish in the plastic bag.

**Now wash your hands.**



Close the flap.

Tuck it under the orange Tab.

Put the test card somewhere safe in the bathroom.



Take one of the cardboard sticks.

Using the stick, take a very small amount of poo.



Spread a little bit of poo on the first box.

Throw the cardboard stick away in the plastic bag.



Use another stick, take another piece of poo from a different part of the poo.

Spread it onto the second box.

Throw the cardboard stick away in the plastic bag.