



**BowelScreen**

The National Bowel Screening Programme



# Home Test Kit Instructions

Freephone **1800 45 45 55**

**[www.bowelscreen.ie](http://www.bowelscreen.ie)**

BowelScreen – The National Bowel Screening Programme  
is part of the National Cancer Screening Service

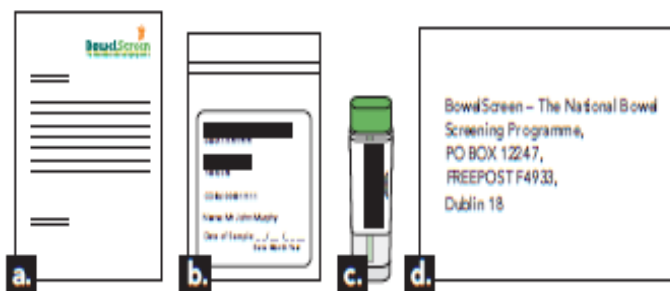
# What is the BowelScreen home test kit?

This is a simple test that looks for tiny amounts of blood in your bowel motion (also called a stool). Please read these instructions carefully before you do the home test. To do the home test you will need to produce a bowel motion.

## What is in the home test kit?

The home test kit contains:

- a.** a letter,
- b.** a plastic bag with a label,
- c.** a tube and sampling stick for taking your sample, and
- d.** a pre-paid envelope for returning your test sample.



## How do I do the test?

- 1** Write the date on the plastic bag.



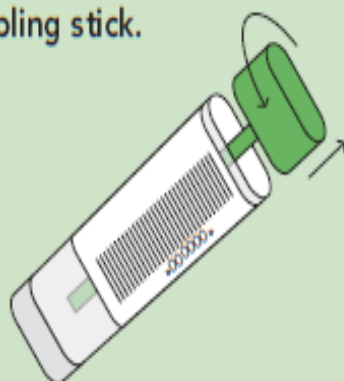
- 2** The home test can be done at any time of day or night. Put toilet paper in the bowl to make it easier to collect your sample. It doesn't matter if your sample touches the toilet water or your urine.



- 3** Wash and dry your hands.



- 4** Take out the tube. Twist the green cap of the tube open. Pull out the sampling stick.

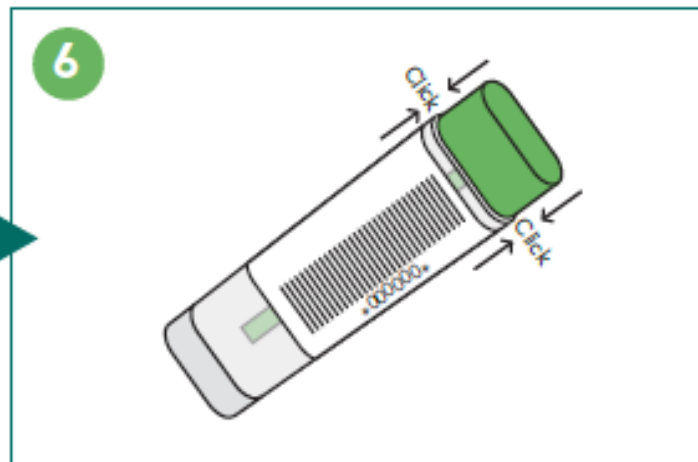
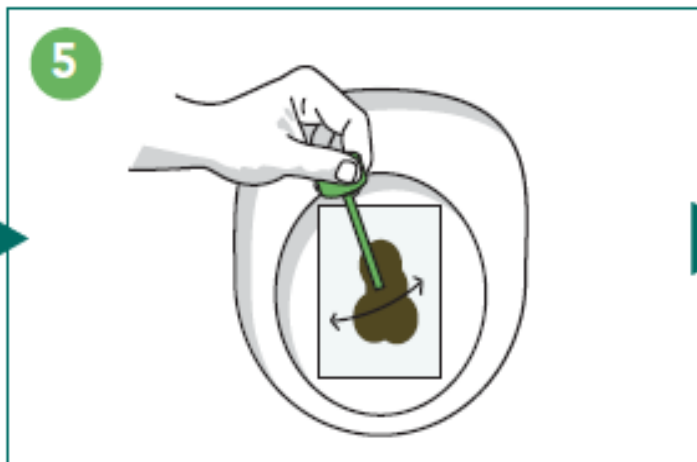
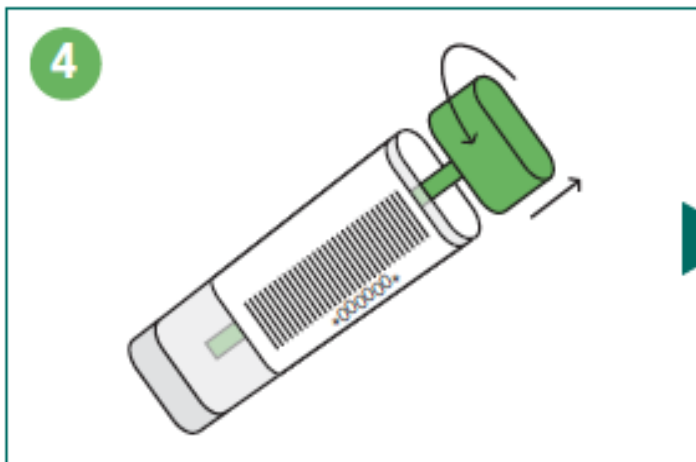
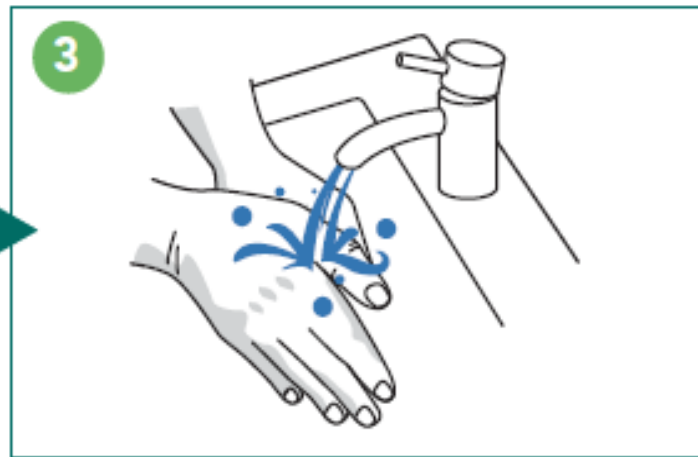
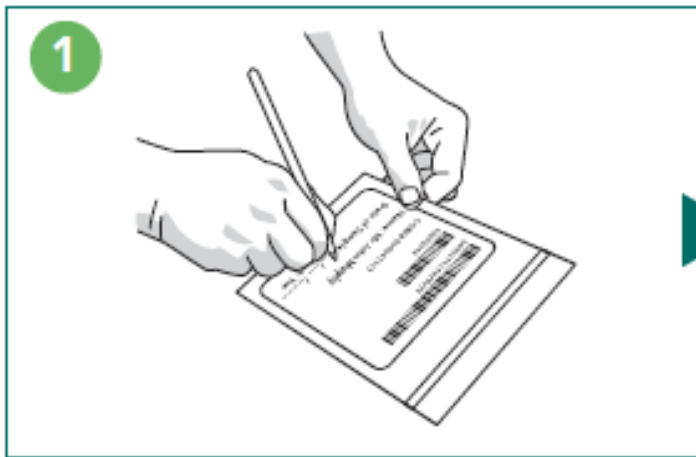


- 5** Collect a sample by scraping the sampling stick on your bowel motion (stool) until the end of the stick is covered.



- 6** Put the sampling stick back in the tube. Twist the green cap closed until you hear a click. Do not re-open. Wash and dry your hands.





8

**Please check:**

- I have dated the label ✓
- My tube is in the bag ✓
- I'm ready to post ✓
- Post immediately ✓

