



Doing the BowelScreen Test

A Plain English Story

Una gets an invitation letter from BowelScreen.

It is about doing a test that shows if she has early signs of bowel cancer.

This test is for a person that feels well and has no signs of cancer.

Una reads the information leaflet.

She talks to her friend Ann about the test.

Una feels a bit nervous about doing the test.

Una and Ann look at the video on www.bowelscreen.ie

<https://www2.hse.ie/screening-and-vaccinations/bowel-screening/home-screening-test-to-detect-signs-of-bowel-cancer.html>

Una thinks about the test a bit more.

She thinks about the good and bad things about the test.

Una decides to do the test.

She rings BowelScreen to ask for a test kit.

She gives her name, address, and the name of her GP.

A few days later, a test kit arrives in the post.

In the test kit, there is:

a letter and information leaflet

a plastic bag

a tube with a sampling stick

an envelope so you can post it back for free.

Una looks at the test kit.

She can ask someone to help her with the test if she wants.

When she is ready, Una takes the test kit to the bathroom.

The test only takes a minute.

It only needs one visit to the bathroom.

Una writes the date on the plastic bag.

Una puts toilet paper in the toilet bowl.

She makes a poo onto the toilet paper.

Una takes out the tube. She twists the green cap open.

Una pulls out the sampling stick.

She scrapes the end of the stick on the poo.

It doesn't matter if the stick gets wet.

Una puts the sampling stick back in the tube.

Una twists the green cap closed until she hears a click. She

does not open the tube again.

Una puts the tube in the plastic bag and closes it.

She checks the date on the bag.

She flushes the toilet and washes her hands.

Next, Una puts the plastic bag with the tube into the envelope and closes it.

She posts the sample back for testing.

It is important to post the sample the same day you take it or the next day.

The envelope is safe to put in the ordinary post. You do not need a stamp.

Una will get a letter with her result.

She should get this letter within a few weeks.

Una's doctor will also get a copy of her result.

More information

www.bowelscreen.ie

Phone us free on 1800 45 45 55



The photo on the cover was taken by Pauline Dennigan Photography.



An tSeirbhís Náisiúnta Scagthástála
National Screening Service



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