

# A simple, free test could **save your life**

How to collect your samples for testing



## What is the National Bowel Cancer Screening Program?

- The Australian Government is sending out free test kits for older men and women to help find bowel cancer early.
- The kit looks for tiny amounts of blood in your faeces – blood can be a sign of changes that you can't see or feel.
- You can do your kit at home in private – it's quick and easy and doesn't hurt.



## Who gets bowel cancer?

Approximately 1 in every 29 people between the ages of 50-74 will get bowel cancer.



- ✓ **Collect a sample from two different bowel motions (faeces/poo).**

**Do not collect samples if:**

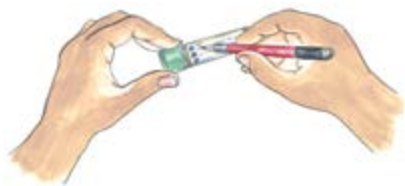
- ✗ You are bleeding from your back passage. Speak with your doctor.
- ✗ You have your menstrual period. Collect mid-cycle.

## How to do your test kit

Both men and women

### Step 1

On one of the tube labels, write your name, date of birth and the date you did the test.



### Step 2

Pass urine and then flush the toilet.



### Step 3

Put the paper sheet in the toilet bowl on top of the water with the picture facing up



### Step 4

Pass faeces / bowel motion onto the paper sheet.



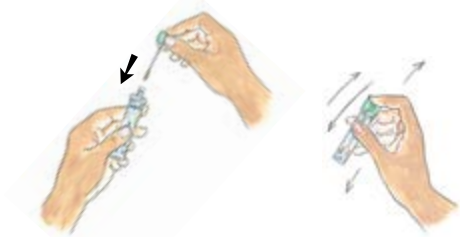
### Step 5

Insert the tip of the collection stick into the bowel motion and drag it back and forward a few times. You should have no more than a grain of rice on the end of the stick.



### Step 6

Insert the collection stick into the top of the small tube. Click the lid shut and shake the tube up and down. Do not remove the stick again.



## Step 7

Flush away the paper sheet with the bowel motion. Wash and dry your hands.



## Step 8

Put the tube into the plastic pouch. This makes it safe for storage and transport.



✓ Keep your samples in the fridge (2°-10°C).

✗ DO NOT freeze the samples.

## Step 9

Repeat steps 1 to 8 using your second collection stick when you pass your next bowel motion, ideally within 2-3 days.

## Step 10

Fill in your Participant Details form.



## Step 11

Put your Participant Details form and the plastic pouch with the tubes into the envelope.



## Step 12

Post the envelope at an Australia Post shop/post box or give it to a Health Worker or nurse.



## What happens next?

You will get your test results in the mail within a month.



If blood is found (positive test) you will need to see your doctor for more tests.

**It does not always mean you have cancer**, but it is important to see why there was blood in your bowel motion.



If no blood is found (negative test), test again in two years.

**Remember!** If you notice blood or changes in your bowel habits in between testing, speak with your doctor.

# What can I do to help prevent bowel cancer?







**Australian Government**

# **NATIONAL BOWELCANCER**

**SCREENING PROGRAM**

## **Pathology Services**



**SONIC  
HEALTHCARE**

Quality is in our DNA

## **Sponsor**

**r-biopharm**



34 WOODFIELD BOULEVARD CARINGBAH NSW 2229

## **Manufacturer**



**EIKEN CHEMICAL CO., LTD.**

## Need help?



Talk to a health worker  
or call the National Helpline:  
**1800 118 868**

TIS (Translating and Interpreting  
Service) number  
**13 14 50 (Australia-wide)**

Screening Test Helpline on:  
**1800 930 998**

Or visit:  
**[www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)**

This document can be made available in  
alternative formats on request for a person  
with a disability.

This brochure has been adapted from information developed  
by the Queensland Bowel Cancer Screening Program.  
Illustrations by Julie Haysom.