



# Bowel Screening

**This leaflet tells you about  
having a bowel cancer screening test**

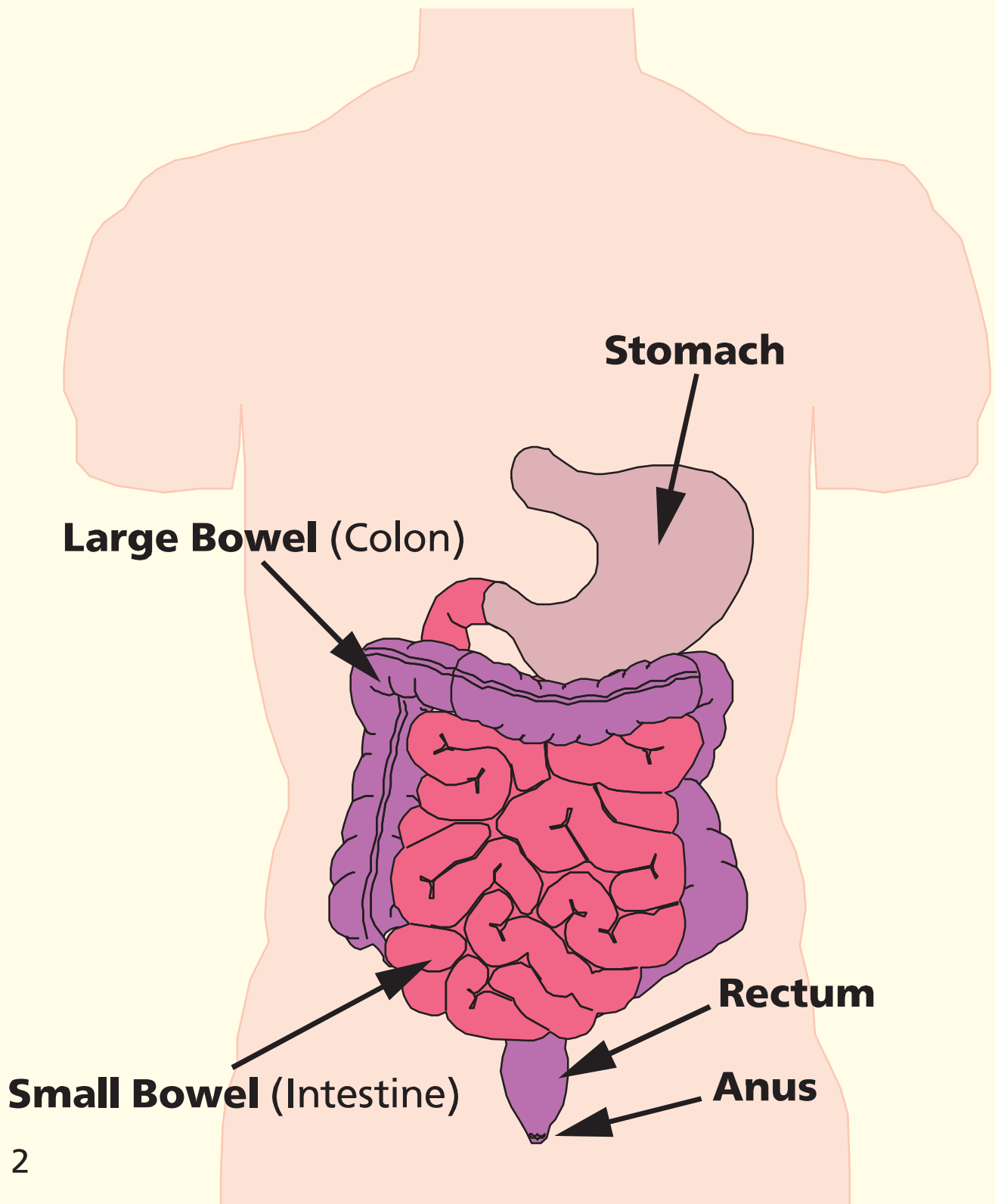
Learning Disability version  
Cheshire and Merseyside Bowel Cancer Screening Programme

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**Your bowel is a part of your body.**

**Your bowel is inside your body.**

**This picture shows you where your bowel is.**





**When you eat food it goes into your stomach. It then travels down your body into your bowel.**



**The food in your bowel comes out when you go to the toilet. When the food comes out this is called your poo.**

**It is important to keep your bowel healthy.**

**These are things you can do to keep your bowel healthy:**



### **Eat healthy food**

**Eat at least five different types of fruit or vegetables every day.**



### **Keep yourself fit**

**Think of what exercise you like to do and do some exercise every day.**



## **Keep a healthy weight**

Try not to be overweight or underweight.



## **Drink lots of water**

Try to drink six glasses of water every day.

It is important to check if your bowel is healthy.

The best way to check if your bowel is healthy is to collect and test samples of your poo.

There is a test to do this called a **Bowel Cancer Screening Test.**

If your age is between 60 and 69 you will be sent a bowel cancer screening test.



It will come to your home and the postman will put it in your letterbox.



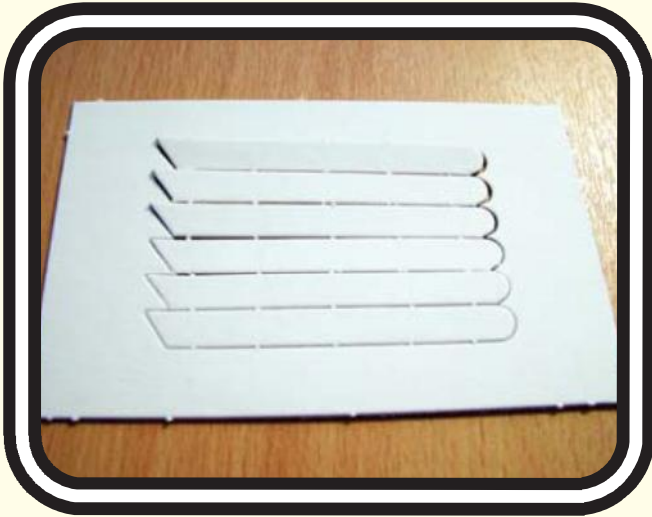
If your age is 70 or over you can telephone and ask for a bowel cancer screening test to be sent to your home.

The telephone number is Freephone: **0800 707 60 60**

When you open the bowel screening envelope there will be an orange and white cardboard test kit.



This is a special card to put your poo samples on, every day for three days.

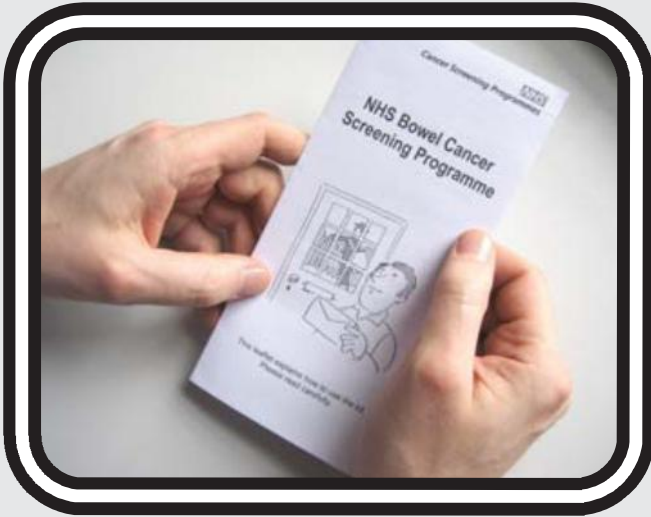


## **Six cardboard sticks.**

The cardboard sticks are for you to use to wipe your poo samples onto the special card.



**An envelope to return your poo samples.**



**You do the test in your own home.**

**There is a leaflet that tells you how to do the bowel cancer screening test. Ask your carer or staff to help you.**



**The leaflet tells you the best way to collect the samples of your poo.**

**One way to collect your poo is in a clean, plastic container.**

**The leaflet tells you what to do with the samples and what you need to write down.**

**When you have collected three different samples of your poo the test is finished.**



**You need to send the special card with your poo samples to a laboratory for testing.**

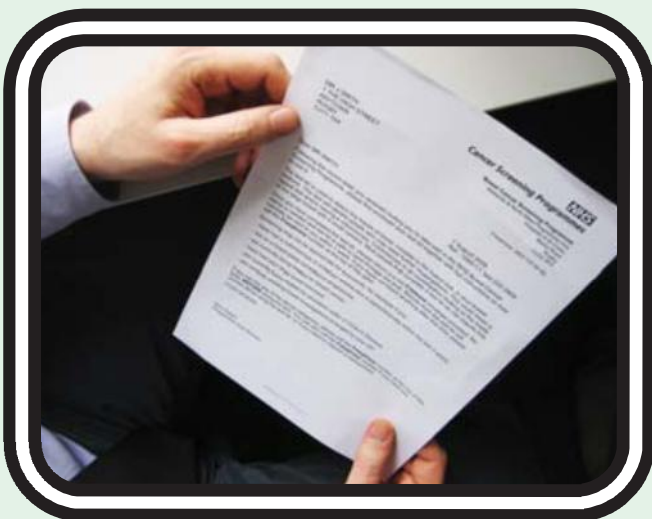
**You need to put the card with your poo samples into the envelope.**



**The address of the laboratory is on the envelope.**

**Put the envelope into the post box.**

**You do not need a stamp.**

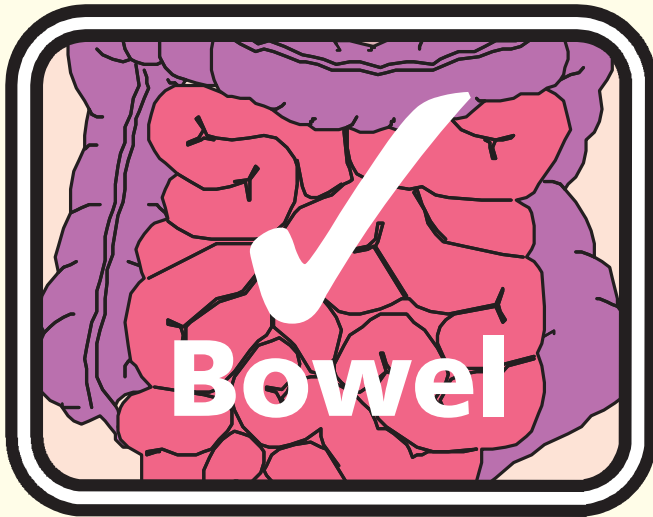


**You will be sent a letter with the results of your bowel cancer screening test.**

**The letter will take two weeks to arrive.**

**The letter will be sent to your home.**

**There are three kinds of result that you can get:**



**1.** Your bowel is healthy.



**2.** You have to do the bowel cancer screening test again.



**3.** You need to have another test at the hospital.



If you need to have another test at the hospital you will be sent an appointment.

You will see a specialist nurse who will talk to you about the test.

This test is called a **colonoscopy** (co-lon-os-copy).



**If you have any questions or would like more information about bowel cancer screening there are people you can talk to.**

**The telephone number is Freephone:  
0800 707 60 60**

**If you would like help to do the bowel cancer screening test contact:**

**Name: .....**

**Telephone: .....**



**This leaflet is available in other languages and formats.**

**Translation available on request**

**若有需要時將會翻譯成中文。**

**ستترجم عند الطلب**

**অনুরোধ করলে এর অনুবাদ করানোর ব্যবস্থা করা হবে।**

**अनुरोध करने पर अनुवाद करने की व्यवस्था की जाएगी।**

**ਬੇਨਤੀ ਕਰਨ 'ਤੇ ਤਰਜਮਾ ਕਰਵਾਇਆ ਜਾਵੇਗਾ**

**Marka la soo codsado ayaa la turjumi doona**

**درخواست کرنے پر ترجمہ فراہم کیا جائے گا۔**

**Tłumaczenie dostępne na prośbę**

**Braille, audio and other formats also available**

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