

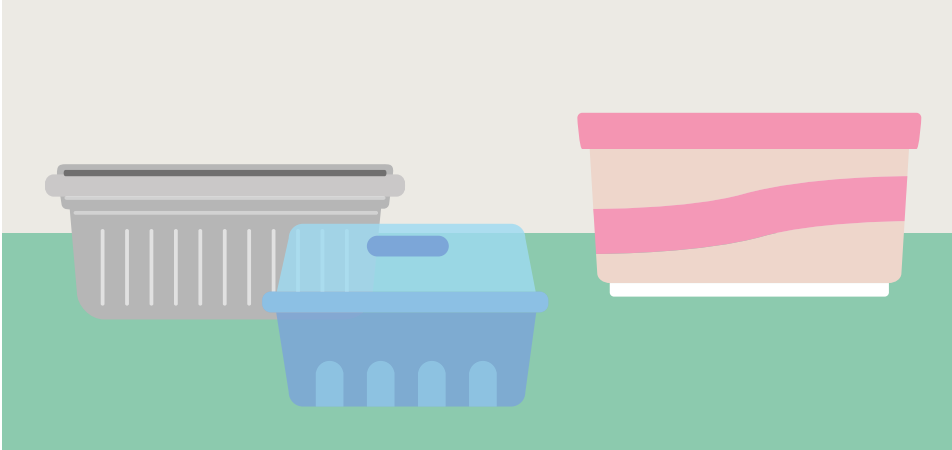
Ways to collect your poo for bowel cancer screening in Wales



Bowel cancer screening is for people without symptoms, and taking part is easier than you'd think. Here are some ideas on how to collect your poo. You only need to use one of these methods.

Why not practise and work out which method is best for you?

Remember – don't let your poo touch the water or toilet.



A clean, empty fruit carton, takeaway container, or ice cream tub.



Cling film over the toilet (leave a dip).



Folded toilet paper in your hand.



A glove or plastic bag over your hand.



Layers of folded toilet paper in the toilet bowl.



Once you've collected your poo sample on the stick, **post it back as soon as possible.**

If you need help, call the free bowel screening helpline for Wales on **0800 294 3370.**

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Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).



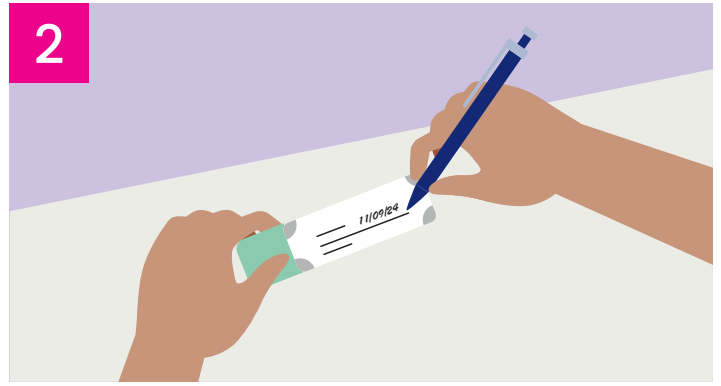
**CANCER
RESEARCH
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**Together we are
beating cancer**

How to complete your bowel screening kit in Wales



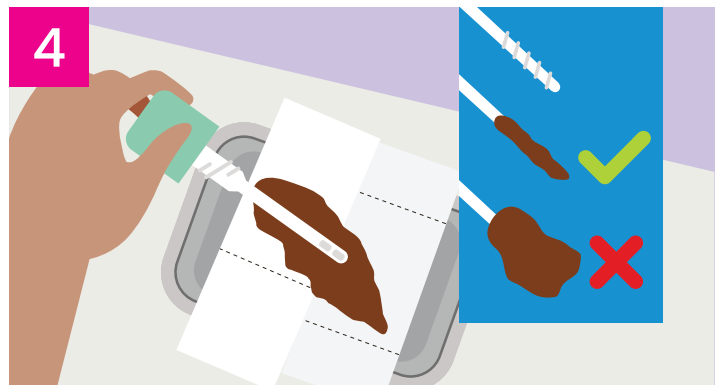
1
Get ready – make sure you have everything you need to collect your poo.



2
Write the date you take the test on the sample bottle in ballpoint pen.



3
Collect your poo. Use the tips on the other side of this leaflet to help you. **Don't let your poo touch the water or toilet.**



4
Twist the cap to open the sample bottle. Scrape the stick along the poo until all the grooves are covered. You only need a little poo to test. **Please don't add extra.**



5
Put the stick back in the bottle and click the cap to close it. Don't reopen the bottle after use. Wash your hands.



6
Check you've written the date on your sample bottle, put the bottle in the prepaid envelope and **post it back as soon as possible.**



You'll receive your result by letter. Please read it carefully to find out what the next steps will be.

Most people won't need further tests. But if you do, don't worry. This doesn't necessarily mean you have cancer. If it is cancer, finding it at an earlier stage means it's easier to treat successfully. If you have bowel symptoms please contact your GP practice.