

# Ways to collect your poo for bowel cancer screening in Scotland



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 Scotland on **0800 0121 833.**

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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).

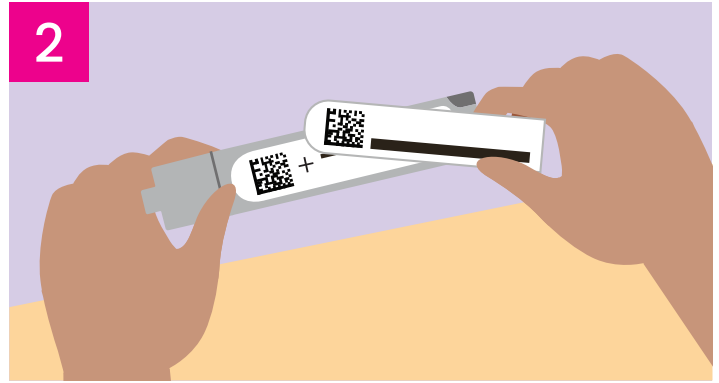


Together we are  
beating cancer

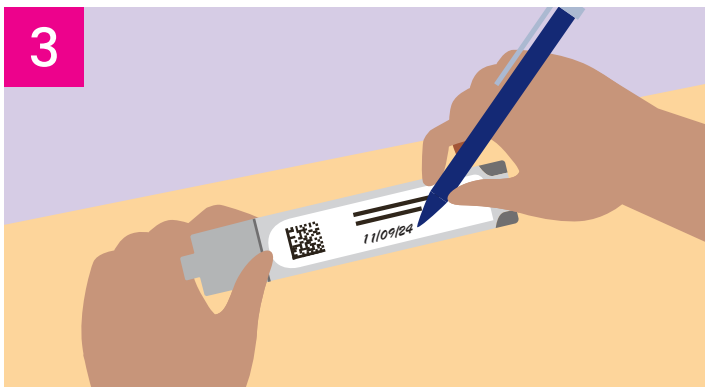
# How to complete your bowel screening kit in Scotland



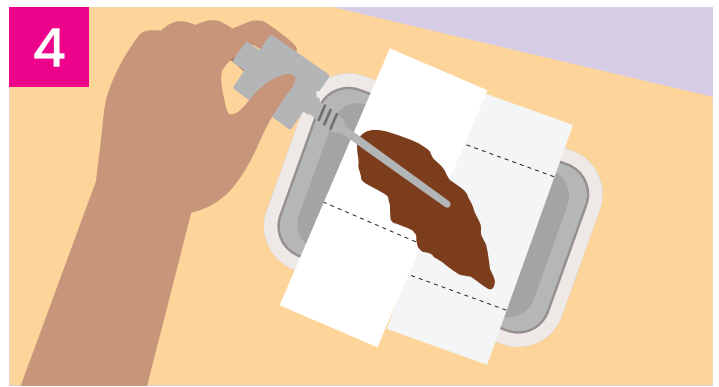
1 Get ready – make sure you have everything you need to collect your poo.



2 Take the label from the front of your letter and stick it on the side of the test marked +.



3 On the other side write the date you do the test.



4 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.**



5 Make sure the two small dimples on the side of the stick are filled with your poo sample. **Please don't add extra.** Put the stick back in the tube and twist shut.



6 Put the kit in the prepaid envelope provided and post it back. You should get your results within two weeks.



**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.