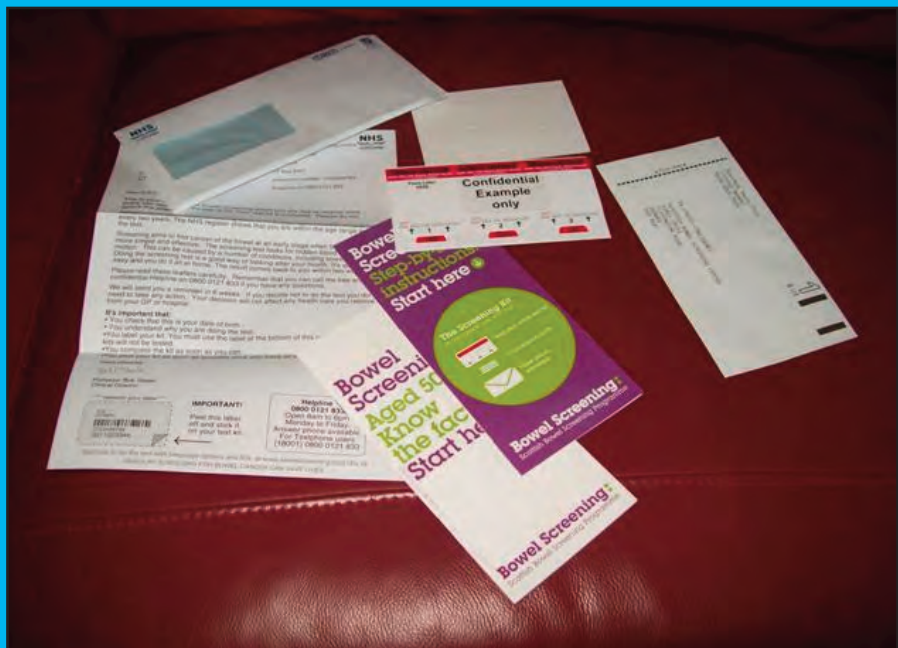


Bowel Screening Made Easy



Acknowledgements

If you are between 50 and 74 years old you will get a Bowel Screening Pack through the post every 2 years starting around the time of your 50th birthday.

This booklet gives you hints and tips on how to complete your bowel screening test.

It will show you how to take samples of your poo and what to do with them.



You need to complete the test with samples from 3 bowel motions. This needs to be completed within 10 days of taking the first sample

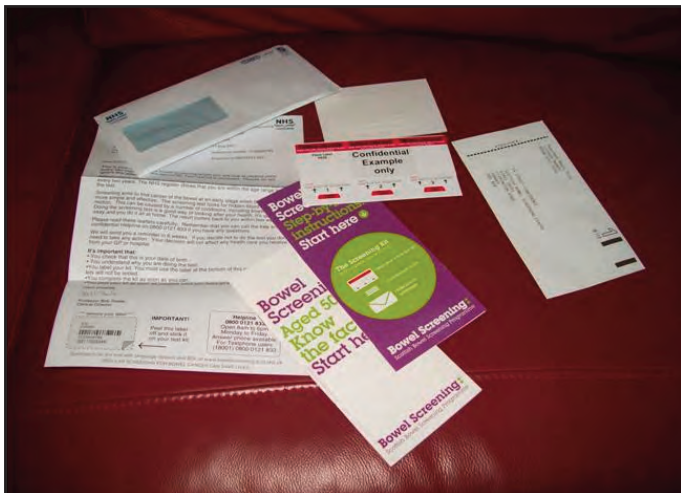
It might not be the nicest thing to have to do but it is **REALLY IMPORTANT** to do your test to make sure you **STAY HEALTHY**.

If you notice any changes in your body that worry you talk to someone you trust like your carer, health professional or your doctor.

About this Booklet



The postman will deliver your screening pack.



Your screening pack will contain the items above.

Getting your Pack

It's a good idea to put together a toolkit which will help you to collect your samples. This could contain:

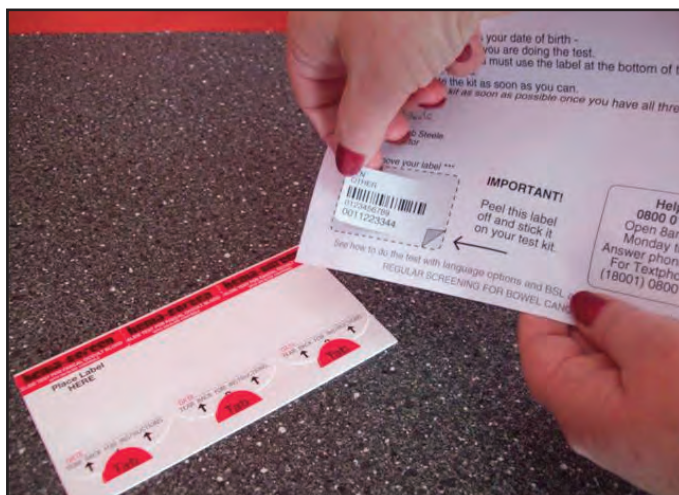
- 3 pairs of disposable gloves
- 3 wooden stirrers
- 3 disposable/plastic bags
- 3 clean containers



The Toolkit might look a bit like this.

Putting Your Toolkit Together

From the bottom left hand side of the letter peel back the label.



Place the label onto the first window of the card.



Getting Started

STEP 1



When you need a poo write the date on the card.

STEP 2



Take your Toolkit and card with you to the toilet.

Getting Started

STEP 3



Place some toilet paper on the container, this will help you dispose of your poo easier



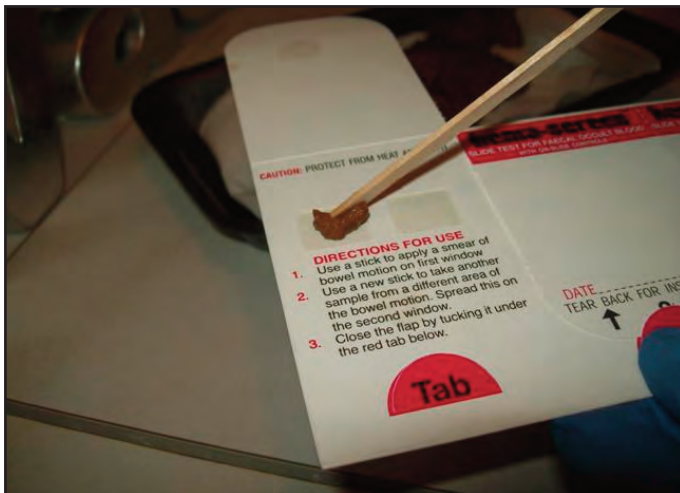
Put the tray in place to catch your poo. When you have finished your poo put the tray onto something flat.

First Sample

STEP 6



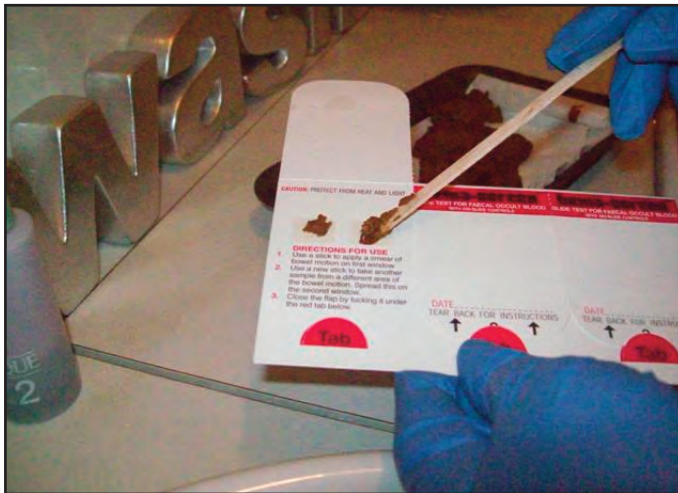
When you are finished on the toilet put on your gloves.



STEP 7

Open the first flap. Using the stick take a small amount of poo. (●) Put this onto the first window.

First Sample



STEP 8

Take another small amount (●) from a different part of your poo. Put this onto the second window.



First Sample

STEP 9



Close the flap.



STEP 10
Empty the poo into the toilet.

First Sample

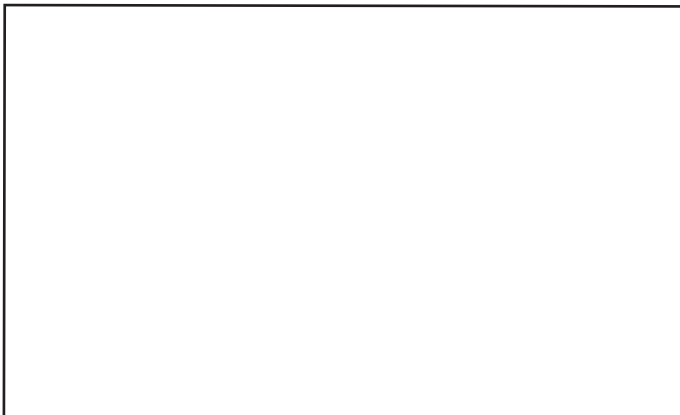
STEP 11

Put the tray, stick and glove into the disposal bag, tie it and put it into the bin.



STEP 12

Put the card in a safe hygienic place, for example inside an envelope in the bathroom cabinet



Second Sample

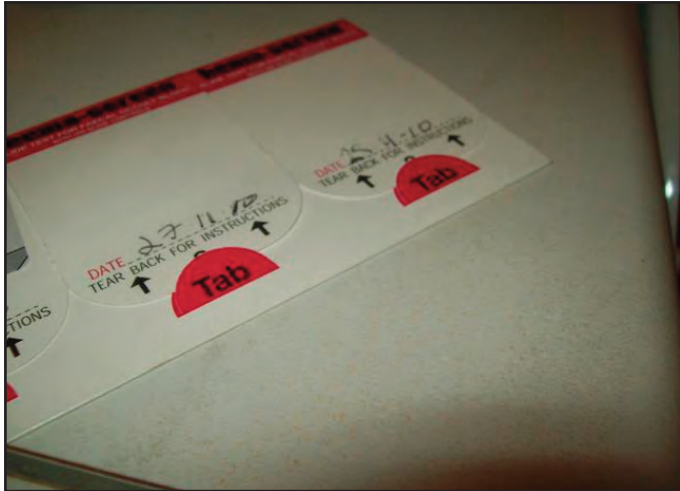


The second time you need a poo write the date on the second flap of your card.

Take a clean tool kit and card with you to the toilet and repeat steps 1-12.

Third Sample

When you need a poo take your Toolkit and card with you to the toilet.



Write the date on the third flap of your card or ask someone to do it for you. Repeat steps 1-12.

Finally



Remember you need to complete your test within 10 days of taking your first sample. When you have done all 3 samples put the card into the envelope.



Post envelope into the post box. You should get your results sent to you in the post within the next few weeks.

Common Mistakes

1. Don't forget to put dates and label on your test card.
2. Don't collect urine
3. Strip at back of card
4. Too much poo
5. Toilet Bowel

How to Keep Your Bowels Healthy



Take part in the Bowel Cancer Screening Programme.



Drink 6 - 8 glasses of water a day.



Eat 5 portions of fruit and vegetables each day.



How to Keep Your Bowels Healthy



Reduce the amount of alcohol you drink.



If you smoke, try to stop.



Eat less red and processed meat.



How to Keep Your Bowels Healthy



Eat lots of fibre rich food.



Do some gentle exercise.



Keep a healthy weight.



Useful Contacts

Renfrewshire Learning Disability Service

Renfrew Health & Social Work Centre, 10 Ferry Road, Renfrew PA4 8RU

Tel: 0141 207 7800

Fax No: 0141 886 5962

Renfrewshire Community Health Partnership Directory

www.chps.org.uk/renfrewshire

Renfrewshire Council

0141 842 5000

www.renfrewshire.gov.uk

National Screening Programme

0800 0121 833

www.bowelscreening.scot.nhs.uk

Bowel Cancer UK

0800 8 40 35 40

www.bowelcanceruk.org.uk

Scottish Consortium for Learning Disabilities

0141 418 5420

www.sclld.org.uk

Useful Contacts

Renfrewshire Learning Disability Service

Marie Gormley and Allison O'Donnell
Community Learning Disability Nurses
0141 207 7800

Renfrewshire Community Health Partnership Health Improvement Team

Anne Gibson & Maggi Bond
Health Improvement Senior – Adult Services
01505 821 801

Members of Renfrewshire Link

Photography by Erin O'Donnell

Renfrewshire Learning Disability Day Service

Turning Point Scotland

Richmond Fellowship

Key Supports



If you require this information in an accessible format, such as large print or braille, or in a community language, please use the contact details on your patient information leaflet or letter.

Jeśli niniejsze informacje potrzebne Ci są w specjalnym formacie, np. drukowane dużą czcionką lub pisane brajlem, czy też w języku, jakim posługuje się społeczność, skorzystaj z danych kontaktowych na ulotce informacyjnej lub w liście informacyjnym dla pacjenta.

如果您需要此信息的其他格式版本，如，大字体、盲文版或其他族群语言版本，请按患者信息资料或信函上提供的方式进行联系。

ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਸਿ ਵਰਤਣਯੋਗ ਪ੍ਰਾਰੂਪ ਵਚਿ, ਜਵਿੰ ਕੀ ਵੱਡੇ ਅੱਖਰ ਜਾਂ ਬ੍ਰੇਲ ਵਚਿ, ਜਾਂ ਕਸਿ ਸਮਾਜਕ ਬੈਲੀ ਵਚਿ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਮਰੀਜ ਜਾਣਕਾਰੀ ਨਾਲ ਸਬੰਧਤਿ ਤੁਹਾਡੇ ਦਸਤੀ ਇਸ਼ਤਹਿਰ ਜਾਂ ਪੱਤਰ ਵਚਿ ਦਤਿ ਸੰਪਰਕ ਵੇਰਵਿਆਂ ਦੀ ਵਰਤੋ ਕਰੋ।

اگر آپ کو اس معلومات کی قابل سہولت اشکال جیسے واضح چھپائی یا بریل، یا کسی قومی زبان میں ضرورت ہیں تب براہ کرم آپ کے معلوماتی دستی اشتہار یا خط براہ مریض میں دی گئی رابطہ کی تفصیلات کا استعمال کریں۔

إذا كنت ترغب في الحصول على هذه المعلومة بتنسيق يسهل الاطلاع عليه، على سبيل المثال طبعة كبيرة أو بطريقة بريل أو بلغة محلية، يرجى استخدام تفاصيل الاتصال الموضحة على نشرة معلومات المريض الخاصة بك أو خطابنا.