

# Scottish Bowel Screening Programme



**This is your label**

## **PRIVATE AND CONFIDENTIAL**

Forename Surname  
Address 1  
Address 2  
Address 3  
Post Code

Scottish Bowel Screening Centre  
Dundee  
DD3 8EA

Date May 2018

Reference No --/--/--/----

Helpline **0800 0121 833**

Dear Forename Surname

## **Your bowel screening test can find bowel cancer early, when it can often be cured.**

- This is your bowel screening test kit. You'll be sent one every two years from ages 50 to 74
- The test is now **quicker and easier** to use and you do it in the privacy of your own home
- Just send **one small sample** of poo and your results will be posted within two weeks. The instructions are on the back of this letter
- The test works by finding hidden blood in your poo – this can be a sign of bowel cancer
- The leaflet included will tell you more about bowel screening
- You'll get a reminder in six weeks if you haven't sent a sample
- If [field for inserting date of birth] is not your date of birth, please call the helpline so we can update our records
- You can still take the test after you turn 75. Please contact the Helpline every two years to request your kit

If you have **any** questions or you do not receive your results within 2 weeks, then please contact us. Use our free confidential helpline or email below.

Yours sincerely,

Professor Bob Steele, Clinical Director  
Scottish Bowel Screening Programme

**How to do your test**

Scottish Bowel Screening Helpline: 0800 0121 833,  
open 8 am–5 pm Monday–Friday, textphone (18001) 0800 0121 833  
Email: [bowelscreening.tayside@nhs.net](mailto:bowelscreening.tayside@nhs.net)  
More information: [www.nhsinform.scot/bowelscreening](http://www.nhsinform.scot/bowelscreening)

**NHS**  
SCOTLAND

# Your bowel screening test kit instructions – you will need...



## 1 Get ready

Take your label from the front of this letter. Stick it on the side of the tube marked with the +. Write the date you take the sample on the other side.



## 2 Do it

Unscrew the lid of the tube to remove the stick. Then dip the end of the stick into your poo sample. Only fill the small dimples at the end of the stick, as shown. Then make sure you close the tube by screwing the lid back on. Flush the toilet paper, or bag and bin any container you use.



## 3 Post it

Put the finished test in the pre-paid envelope and post it as soon as possible.



Make sure the two small dimples at the end of the stick shown here are filled with your poo sample. Try not to get too much poo at the top end of the stick.