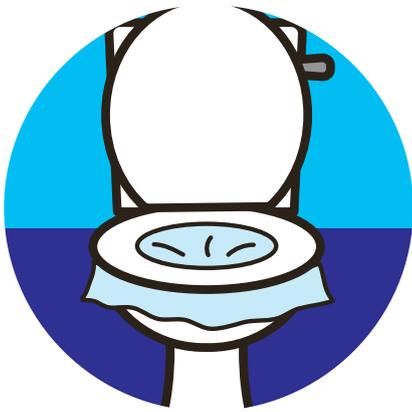


# Tips for collecting your poo

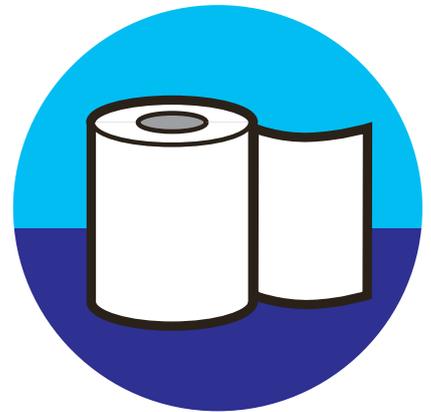
Here are some ideas to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest? Do not let your poo touch the water or toilet.



Cling film over the toilet (remember to leave a dip)



A carton that grapes come in



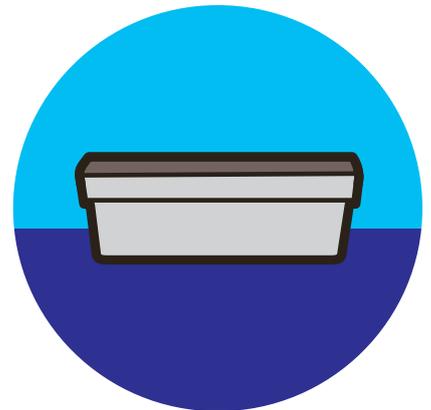
Folded toilet paper in your hand



A plastic bag over your hand, or a glove



A clean empty margarine or ice cream tub



A clean empty takeaway container



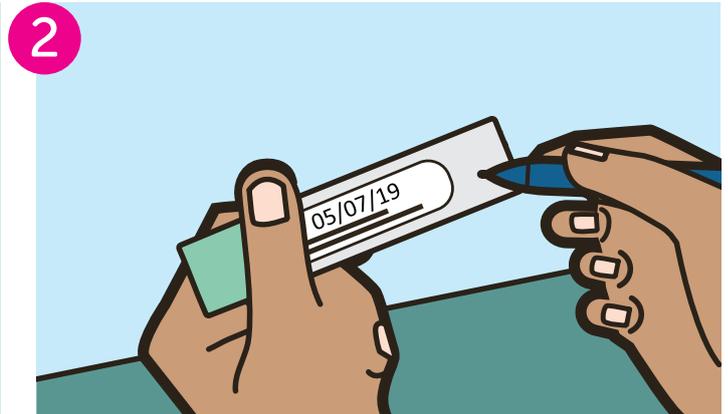
Once you have collected your poo, use your bowel screening kit to take a sample and post it back as soon as possible. You may want to check your local postal collection times.



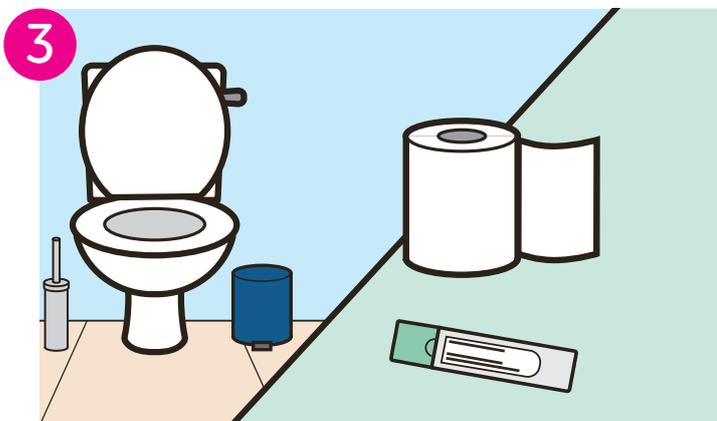
# How to do the bowel screening kit in England



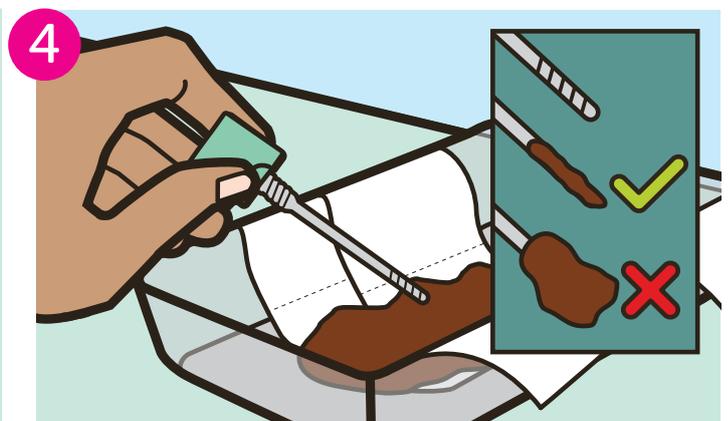
1 Get ready – collect what you need to catch your poo before you sit on the toilet.



2 Write the date on the sample bottle in biro.



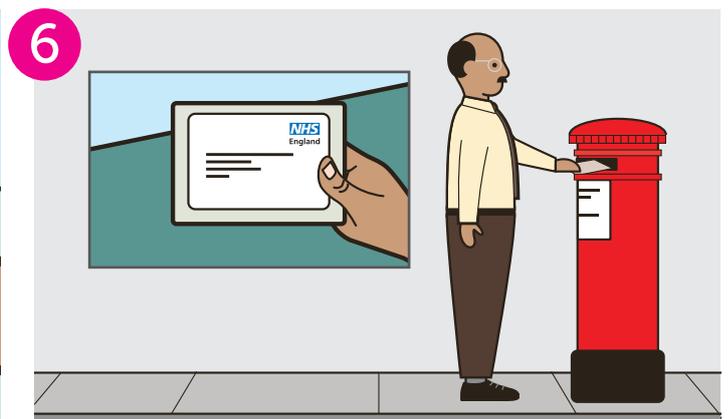
3 Collect your poo - we've given you some ideas for how to do this opposite. Do not let your poo touch the water or toilet.



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 do not add extra.



5 Put the stick back in the bottle and click the cap to close it. Do not reopen the bottle after use. Please wash your hands.



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

You will receive your result by letter, please read it carefully to find out what the next steps will be. If you get a result saying further tests are needed, it could be down to lots of different things and does not necessarily mean cancer. But if it is cancer, finding it at an early stage means it is easier to treat successfully.