

**If you're aged  
50–74 years,  
when you get the  
bowel test kit in  
the mail from the  
Australian Government:**

Get **2** it

**If you've lost or thrown away your bowel test kit, you can easily order a free replacement kit.**

To reorder your bowel test kit, you can order it online at [bowelcancer.org.au/reorder-kit](http://bowelcancer.org.au/reorder-kit) or call the National Cancer Screening Register (NCSR) on 1800 627 701

**Not sure if you have a symptom or a strong family history of bowel cancer?**

Speak to your doctor or contact Cancer Council on 13 11 20 or visit [www.bowelcancer.org.au](http://www.bowelcancer.org.au)

For cancer information and support contact Cancer Council on **13 11 20** or [www.cancer.org.au](http://www.cancer.org.au)



For cancer information in your language call **13 14 50**

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June 2022

Supported by  
  
Australian Government

**NATIONAL  
BOWELCANCER**  
SCREENING PROGRAM

 **Cancer  
Council**

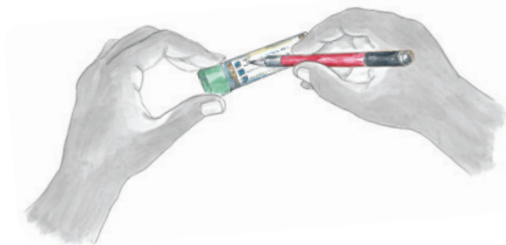
 **Cancer  
Council**

**Did you know that  
bowel cancer can  
develop without  
noticeable symptoms?**

That's why a bowel screening test can save your life.



**1 Write your name, date of birth and date of sample on the label on one of the collection tubes**



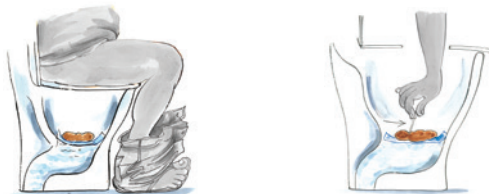
**2 Prepare to collect the first sample**

Do a wee and flush the toilet.

Put the paper toilet liner in the toilet bowl (it's OK if the paper gets wet, it can be flushed).



**3 Collect the first sample**



Poo onto the paper.

Open the tube and scrape the tip of the stick into the poo.

Get a tiny sample. Smaller than a grain of rice is OK.

**4 Store the first sample**

Put the stick back into the collection tube and click the lid shut. Shake the tube up and down.

Put the first collection tube in the fridge.

Do not freeze.



**5 Use the other stick to collect the second sample when you do your next poo**

Repeat steps 1 to 4 to collect the second sample.

The second sample should be collected as soon as you can.

**6 Complete the participant details form or get help to complete it**

Put the participant details form and the two collection tubes (in the sealed zip lock bag) into the reply paid envelope. Post the envelope.



**You will get your result within a few weeks**

**Blood found**  
See your doctor for more tests. This does not mean you have cancer.

**Blood not found**  
Do the at-home bowel kit again in 2 years.