

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

Do it

If you're aged 50–74 years and you **don't**
receive a free kit in the mail:

Call the National Bowel Cancer Screening
Program on 1800 118 868 to see when you
will receive a free kit or see your doctor
about how to obtain a test kit.

**Not sure if you have a symptom or a
strong family history of bowel cancer?**
See your doctor or contact Cancer
Council Victoria on 13 11 20 or visit
www.cancervic.org.au

*Cancer Council Victoria would like to acknowledge the
following for use of their artwork in this brochure:*

Illustrations: Julie Haysom

*Artwork (detail): Dixon Patten Jnr – Yorta Yorta and Gunnai
www.cancervic.org.au/dixon-patten*

*We would also like to thank WA Health for permission to
adapt their brochure for use in Victoria.*



For information and support
call a cancer nurse on 13 11 20
For other languages call 13 14 50
Email askanurse@cancervic.org.au
Visit www.cancervic.org.au

August 2016



Your best
protection
from bowel
cancer

Even if you feel well,
screening is important
because bowel cancer
can develop without
symptoms



Cancer Council 13 11 20
www.cancervic.org.au

1 Prepare to collect the first sample

Pass urine and flush

Put the paper with **red** writing in the toilet bowl (it's okay if the paper gets wet)



2 Collect the first sample



Poo onto the paper

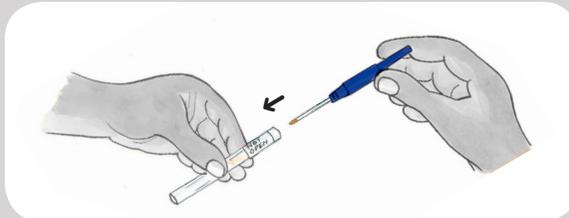


Swipe only the tip of the sampling stick into the poo

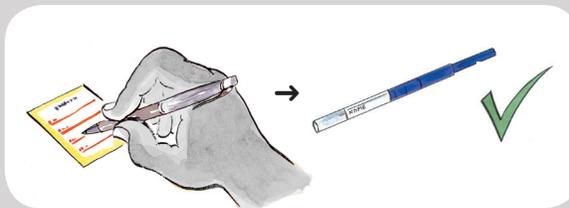
Get a tiny sample – only a thin smear is needed

3 Store the first sample

Push the stick into the collection tube until it clicks shut



Write your name, date of birth and date of sample on the label and stick it on the collection tube

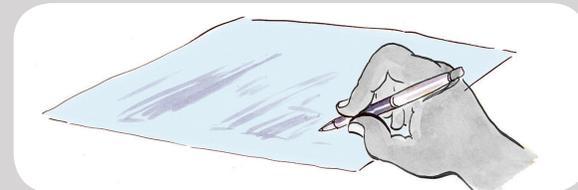


Put the collection tube in the bigger tube
Keep cool but do not freeze

4 Use the other sampling stick to collect the second sample when you do your next poo

Repeat steps 1 to 3

5 Complete the participant details form or get help to complete it



Place the two tubes in the plastic bag and post with the participant details form



Get result



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