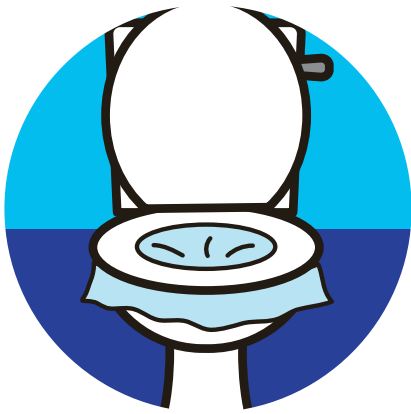


# Tips for collecting your poo

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)



An empty fruit carton or plastic pot



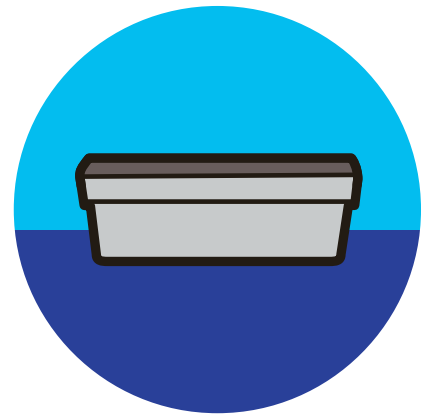
Folded toilet paper in your hand



A plastic bag over your hand, or a glove



A clean empty margarine or ice cream tub



A clean empty takeaway container



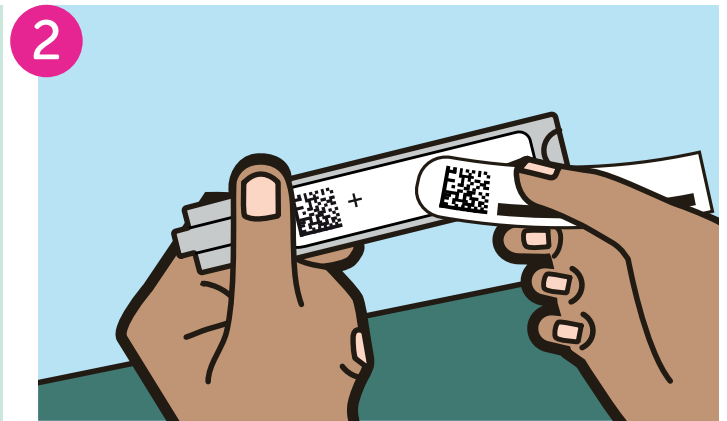
Once you have collected your poo, use your bowel screening kit to take a sample and post it back as soon as possible. You may want to check your local postal collection times.



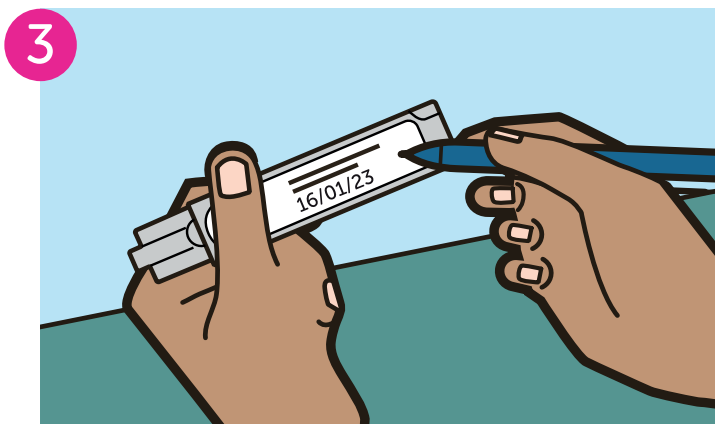
# How to do the bowel screening kit in Scotland



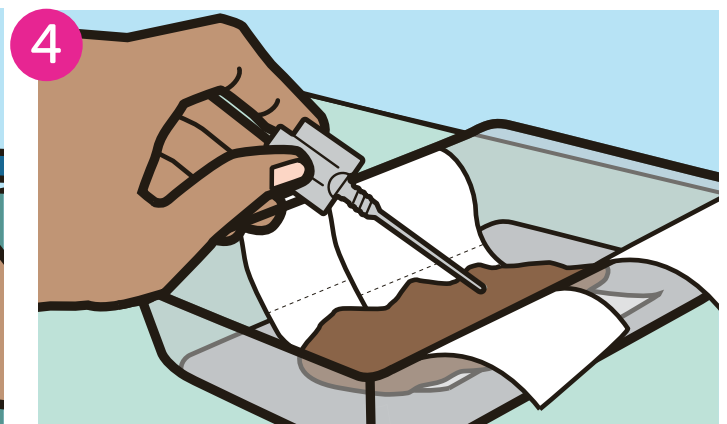
1 Get ready – collect what you need to catch your poo before you sit on the toilet.



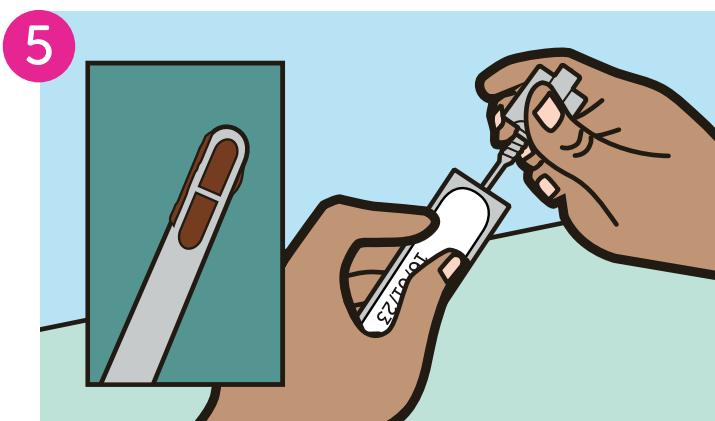
2 Take the label from the front of your letter and stick it on the side of the test marked +.



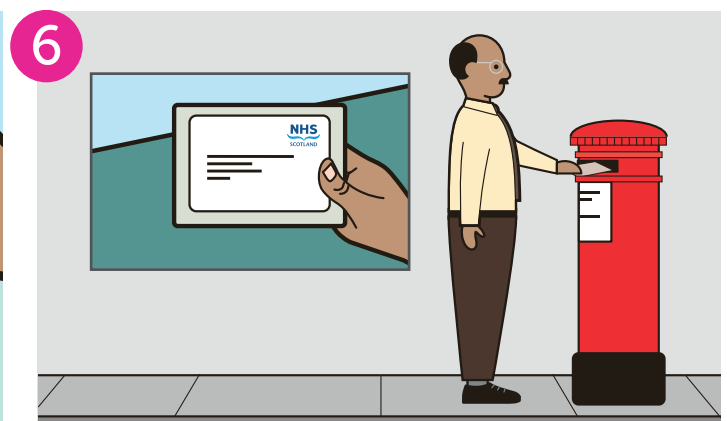
3 On the other side write the date you do the test.



4 Collect your poo - we've given you some ideas for how to do this opposite. Use the stick to take a sample of your poo.



5 Make sure the two holes on the side of the stick are filled with your poo sample. Put the stick back in the tube and twist shut.



6 Put the kit in the prepaid envelope provided and post it back. You should get your results within 2 weeks.

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.