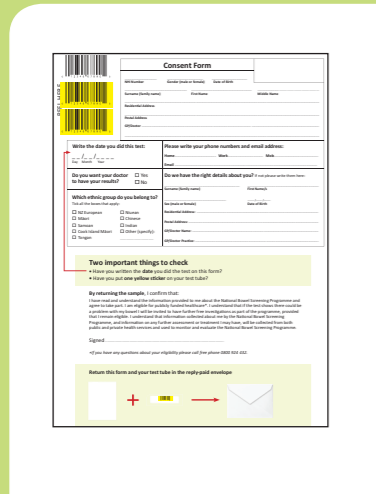


What you should have in your kit

1



Consent form with yellow peel-off barcode sticker

2



Sample sheet (to put in toilet bowl)

3



Tube

4



Zip-lock bag for tube

5



Reply-paid envelope

If anything is missing from your test kit, please call us on free phone **0800 924 432** and we will send you another kit.

Need help?

If you would like to speak to someone about this free test in your language please call **0800 924 432**, or email info@bowelscreening.health.nz, or talk to your doctor. Information is also available at www.timetoscreen.nz and in the *All About Bowel Screening* booklet.

Māori

Ki te hiahia koe ki te kōrero Māori mō tēnei aromatawai koreutu, me waea mai ki **0800 924 432**.

Cook Islands Māori

Me ka anoano koe i te tuatua i roto i te reo Kuki Airani ki tetai tangata no teia akara'anga rapakau ma te kore e tutaki, me ka tika, kapiki'ia te numero tereponi **0800 924 432**.

Samoaan

'A 'e fia talanoa i se tasi e uiga i lenei su'esu'ega fai fua i le gagana Samoa, fa'amolemole e telefoni mai le numera **0800 924 432**.

Tongan

Kapau 'oku ke fie lea ki ha taha fekau'aki mo e sivi ta'etotongi ko'eni 'i he lea fakaTonga, pea telefoni ki he **0800 924 432**.

Niuean

Kaeke kua manako a koe ke tutala mo e taha hagamoo ke he tiviga ai fai togoti nei ke he vagahau motu hau ti fakamolemole vilo e nūmela **0800 924 432**.

Chinese

如果你想與人談一談這個免費測試，歡迎致電 **0800 924 432** 聯繫中文協調員。

Korean

이 무료 대장암 검사 테스트에 대해 귀하의 언어로 통화를 원하시면 **0800 924 432** 로 연락 주시기 바랍니다

Hindi

अगर आप इस नःशुल्क टैस्ट के बारे में किसी से बात करना चाहते हैं तो कृपया **0800 924 432** पर फोन करें।

Bowel Screening Test Instructions

NGA WHAKAHAERE-TANGA

FAATONUGA

NGAAHI FAKAHINOHINO

TAU FAKATONUTONUAGA

使用說明

검사 방법

नर्देश



National Bowel Screening Programme



New Zealand Government

Important

Your test kit will expire in about 6 months, so it is important that you do the test as soon as possible.

Do not do the test:

- on Friday, Saturday or Sunday because postal delays could spoil your sample
- if there is blood in your urine or you see blood in the toilet bowl after a bowel motion. If this happens, talk to your doctor as soon as possible.

Who should not do the test:

- have symptoms of bowel cancer
- have had a colonoscopy within the last five years
- are on a bowel polyp or bowel cancer surveillance programme
- have had or are currently being treated for bowel cancer
- have had your large bowel removed
- have ulcerative colitis or Crohn's disease that is currently active
- are seeing your doctor about bowel problems.

See your doctor now if you have any bowel symptoms that concern you.

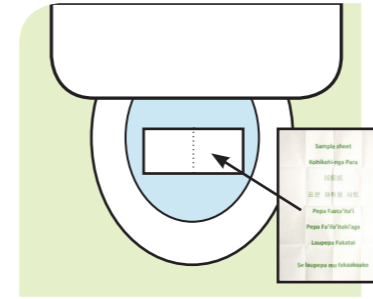
How to do the test



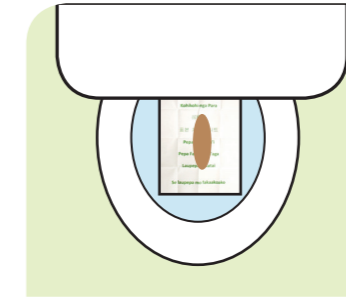
- 1** Fill in the **consent form**. Write the **date** you do the test on the consent form.



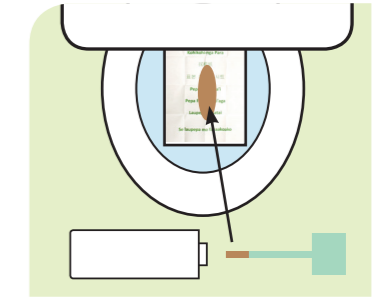
- 2** Peel off one **yellow barcode sticker** from the consent form and **stick** on the flat side of **tube**.



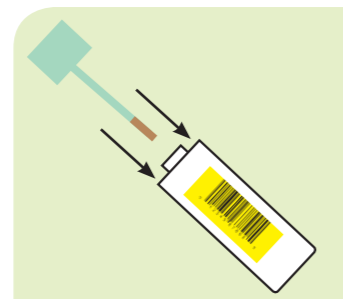
- 3** Urinate (pee) and then flush toilet. Put some toilet paper in toilet. **Now put sample sheet on top of paper.**



- 4** Do **bowel motion (poo)** on sample sheet. Now be quick - before it sinks.



- 5** Twist lid off tube. **Scrape end of stick over bowel motion** so end of stick is well covered. This amount is enough.



- 6** Carefully put stick back into tube. Push lid down to **click** shut. **Do not open again.** Flush bowel motion and sample sheet down toilet. Wash and dry hands well.



- 7** Put tube into zip-lock bag. Make sure bag is well sealed.



- 8** Put **zip-lock bag** with **tube** and **consent form** into reply-paid envelope and seal it.



- 9** Keep in a cool place until you post it. It does not need to be kept in the fridge. **Post as soon as possible.**

Thank you for doing this test. You will get your results within three weeks.