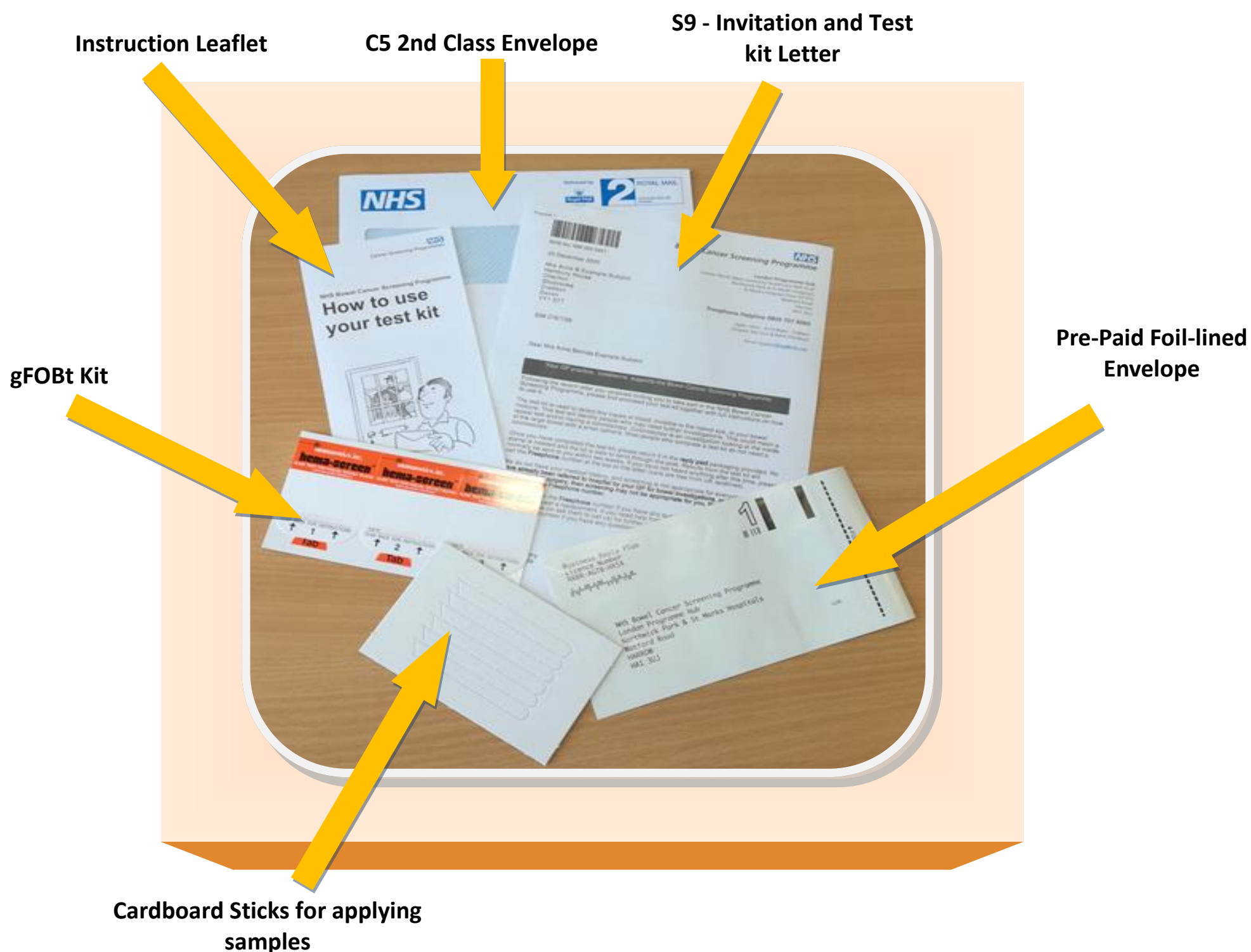


NHS Bowel Cancer Screening Programme

How to complete your gFOBt Kit



Any questions contact the Programme Hub on Freephone **0800 707 6060** Text phone **18001 0800 707 6060**. Please do not feel embarrassed to ask for information or advice. Staff are there to help you. There is a 'How to use your test kit' leaflet available in Braille, Audio CD and BSL DVD Format.

PTO

NHS Bowel Cancer Screening Programme

How to complete your gFOBt Kit



Your kit will last for many months unopened, but it must be completed and received for testing within 14 days of the first sample being taken. There are 3 parts to the kit, for 3 bowel motions.



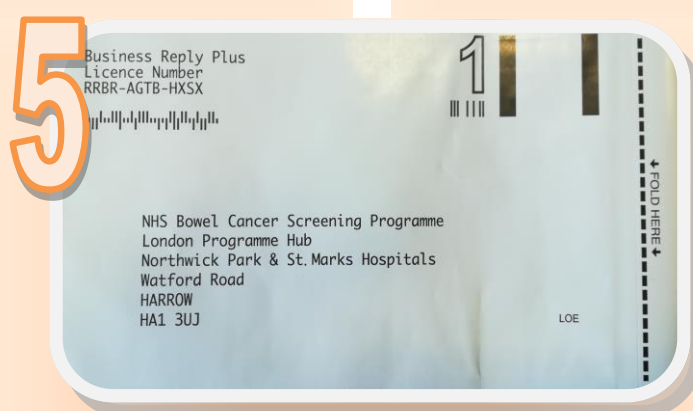
Using a separate stick for each window complete all 6 windows over the course of 3 different trips to the toilet.



Using the applicator sticks apply a pea sized sample onto the first two windows. Close the flap and repeat for a further 3 visits to the toilet.



On the side with your name printed on it write the date of each sample on each flap in the space provided.



Once your test kit is complete, place and seal it in the return envelope provided within 14 days of the first sample date.