

**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 ask when you will receive a free kit or ask your doctor about how to get 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

For cancer information and support contact Cancer Council Victoria on **13 11 20** or www.cancervic.org.au



For cancer information in your language call **13 14 50** and ask to speak to Cancer Council Victoria

*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*

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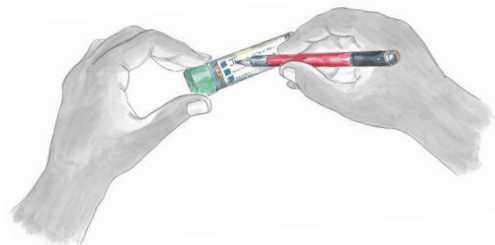


Finding bowel cancer early can save your life.

Even if you feel well and have no symptoms, you should check for bowel cancer with this free test



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.