

**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](http://www.cancervic.org.au)

For cancer information and support contact Cancer Council Victoria on **13 11 20** or [www.cancervic.org.au](http://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*

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[www.cancervic.org.au/dixon-patten](http://www.cancervic.org.au/dixon-patten)

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

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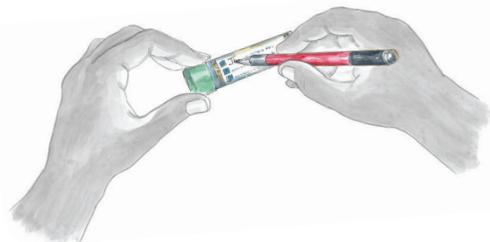


**Finding bowel  
cancer early can  
save your life.**

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.