

Easy Read

What happens when blood is found in your poo



V3: May 25



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Public Health
Wales



www.phw.nhs.wales/bowel-screening



0800 294 3370

Scan here



How to use this leaflet



You may need help and support to read and understand this leaflet. Ask someone you know to help you.

You can talk to a **specialist doctor**.

A **specialist doctor** is a doctor who knows more about children's hearing.

Difficult words will be explained in a blue box.



This leaflet is available in Welsh.



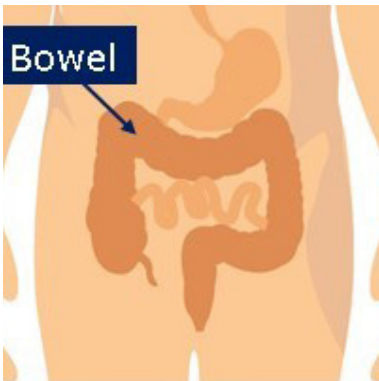
At the top of each page there is a different colour.

This is to help you find what you are looking for.

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What is this leaflet about?



This leaflet tells you about a test you may need when blood is found in your poo.



The test checks why you have blood in your poo.



The test you will be offered is called a **colonoscopy**.

A **colonoscopy** looks inside your bowel using a thin tube with a tiny camera on the end.



This test will be done in the hospital.

About your bowel test results



The bowel test kit you sent in the post shows that blood has been found in your poo.



It is important to find out why you have blood in your poo.

What happens next?



You need to ring Bowel Screening Wales on 0800 294 3370 to make an appointment to talk to a nurse.



The nurse will ring you to talk about the test you will need.

This phone call may last up to an hour.



The nurse will ask you questions about your health and any medicines you take.

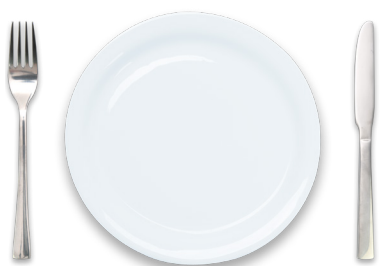


You may need to ask for support from family or your carer when you talk to the nurse.

Getting ready for the test



The nurse will tell you what you need to do before you have the test.



The nurse will tell you what you can and cannot eat before and after the test.



You will be given some medicine to take at home, before you have the test.

This is to make sure there is no poo in your body.



You will need to be near a toilet when you take the medicine, as it will make you poo.

Having your test

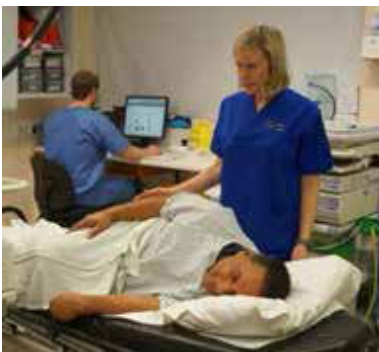


It is important that someone comes with you to the hospital.

You will be at the hospital for about 3 hours.



The nurse will meet you and ask if you are happy to have the test.

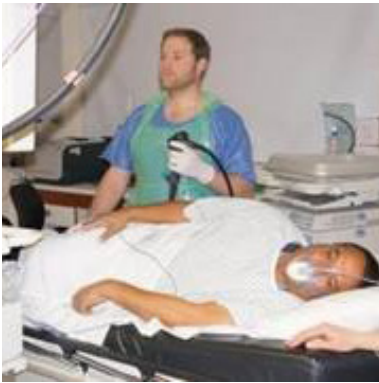


You may be given some medicine to help you relax.

More about having your test



The doctor will put the tube in your bottom. It may feel uncomfortable.



The doctor will be able to see inside your bowel and find out why you have blood in your poo.



The test will last about 40 minutes.

What happens after the test



You will be taken to a room to rest. You may feel a bit sleepy.



You will be offered a drink and something to eat.



The nurse will talk to you about what the test showed and tell you what will happen next.

More about what happens after the test



You should be able to go home on the same day.

It is important that you rest.



If you have had medicine to help you relax, you will not be able to drive after the test.



You may need someone to go home with you and stay overnight.

Where can I get more information?



You can phone us:
[0800 294 3370](tel:08002943370)



You can email us:
bowel-screening@wales.nhs.uk



You can contact us in Welsh or English. It will take us the same amount of time to answer you whichever language you choose.



You can visit our website:
www.phw.nhs.wales/bowel-screening



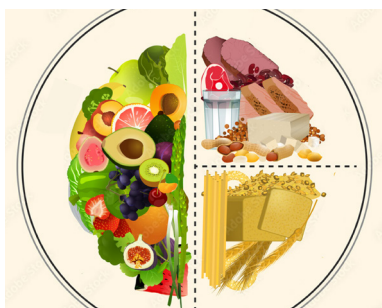
For more information and support visit:
www.bowelcanceruk.org.uk

Keeping healthy



Stop smoking. You can get free help to support you to stop smoking.

Ring Help Me Quit on: [0800 085 2219](tel:08000852219)



Eat healthy food.



Move more.



Drink less alcohol.



You can visit our Keeping Healthy page:
www.phw.wales.nhs/screening-keeping-healthy