

Bowel Test:



What happens next?



- This booklet tells you about more tests which may be needed after your bowel test result
- Doing this test can save your life

This is the Easy Read version.

Ask us if you want a different version.

www.bowelscreening.wales.nhs.uk



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What happens when I send my kit back?



The test kit is checked for tiny bits of blood in your poo.



You will be sent a result letter in about 2 weeks.

There are three possible results

- Normal result



- Unclear result



- Positive result



Normal Result



This means there is **no** blood in your poo.



If you are still aged **60 to 74** you will be sent a bowel test kit in **2 years.**



It is important to do your test kit when you are sent one in two years.

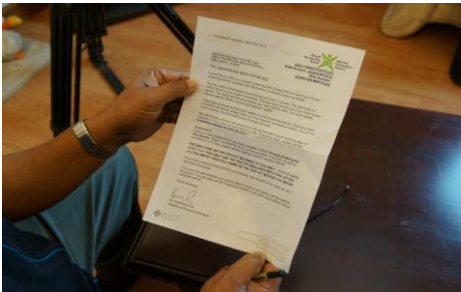
Unclear Result



This means there is blood in **some** of your poo.



You will be sent a different kit to do at home.



The letter will tell you how to use the test kit.



If you need help, you can phone the helpline on **0800 294 3370**

Positive Result



This means blood was found in **all** your poo. You will need more tests.



Your result letter will ask you to phone the bowel screening office so you can speak to a nurse.

What happens next?



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



The nurse will tell you about a test you may need.

This is called **colonoscopy**.



This test will be done in your local hospital.

What is a colonoscopy?



It is a test that looks at the inside of your bowel using a thin tube with a tiny camera on the end.

What do I need to do?



The nurse will help you get ready for your test.



Before you have the test you will be given **medicine** to make sure there is no poo in your body.

This will help the doctor see inside clearly.



Remember to take your dressing gown and slippers with you to the hospital.

Going for your colonoscopy



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



At the hospital you will meet the nurse.



The nurse will help you understand what will happen and you can ask questions.

Having your colonoscopy



A doctor will put the tube up your bottom. It may feel a little uncomfortable.



You may be given some **medicine** to help you relax. The camera lets the doctors see inside your bottom.





The doctor can see if anything is wrong.

How long will the test take?



You will be at the hospital for about 3 hours. The test will only last about 40 minutes.



What happens after the test?



You will be taken into a different room to rest for a while. You may feel a bit uncomfortable.



You will be offered a hot drink and something to eat.



Your nurse will come and see you.

Going home



You should go home the same day.



You may feel sleepy for a day after having the medicine.



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

Things you can do



Tell your doctor if someone in your family has had bowel cancer.



Tell your doctor if you see any blood in your poo.



If you look after yourself you will be healthier.

Things you can do

If you look after yourself you will be
healthier, this means:



- Don't Smoke



- Eat healthy food



- Don't drink too much
alcohol



- Do some exercise

Think about doing your bowel test kit when you are
asked.

Visit our website if you want more information

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