



**BOB'S
STORY**

Bob has a bowel screening test
A test for people aged 50 – 74 years old



The booklet is a story about the bowel screening test.

The words and pictures in the booklet will help you learn about how to keep your body healthy.

The booklet has some hard words.

You can find the meaning of these words and extra pictures on our website.

www.fpnsw.org.au/justchecking



Bob gets a package in the post.

Bob opens the package. Inside are a letter, a form and a kit to do the bowel screening test at home.

Bob turned 50 a few months ago and the letter says it is time for him to have a bowel screening test.



Bob shows his partner Sally the package.

Bob and Sally sit down and read the letter.

The letter says that the test is important to check that his bowel is healthy.



Bob and Sally talk about whether he should do the bowel screening test.

Bob tells Sally that he understands that the test is important but he is a bit nervous.

Sally says she can help him as she has done the test before.

Bob decides to do the test.



Bob spreads out the kit on the table.

Inside the kit are

- Instructions
- 2 toilet liners
- 2 collection tubes with green caps
- 1 zip lock bag
- 1 reply paid envelope



The next morning, Bob needs to do a poo.

Bob asks Sally to label the first collection tube.

Sally puts Bob's name, date of birth and date of the first poo sample on the collection tube label.

Bob takes the collection tube and the toilet liner to the bathroom.



Sally reads the instructions out to Bob.

Bob needs to do a wee and flush the toilet **before** he puts the toilet liner into the toilet.

Bob does a wee and flushes the toilet.

He then puts the collection sheet into the toilet. The writing on the collection sheet is facing up.

Bob sits down and does his poo.



Bob tells Sally he has finished doing his poo.

Bob wipes his bottom but does not flush the toilet.

Bob gets off the toilet and pulls up his pants.

Bob is ready to collect his first poo sample.



Bob opens the collection tube by twisting the green cap.

Bob scrapes the tip of the stick across the poo. He only needs a tiny bit of poo on the stick.

Bob puts the stick back into the collection tube and clicks the lid shut.

Bob shakes the tube up and down.

Bob flushes the toilet and washes his hands.



Bob leaves the bathroom and puts the collection tube into the ziplock bag.

He seals it shut.

Bob puts the ziplock bag into the fridge and washes his hands.



The next time Bob needs to do a poo he gets ready to collect his second poo sample.

This time Bob feels comfortable to do the test without Sally's help.

Bob labels the second collection tube.

Bob collects his second poo sample using a new collection tube. He follows the same process he used before.

Bob puts that poo sample in the ziplock bag with the first sample and seals it shut.



There is a form Bob needs to fill in before he posts his poo sample.

Bob and Sally sit at the kitchen table and fill out the form. They put the form in the envelope with the poo samples.



Bob and Sally then complete the checklist on the back of the envelope.

Once the checklist is complete Bob seals the envelope.

Bob puts the envelope into the fridge.



The next day Bob and Sally go to the post office and send the poo sample off for testing.

A few weeks later Bob gets a letter to say that his bowel screening test is okay.

Bob is glad he did the test and knows his bowel is healthy.

EXTRA NOTES

- If you notice an unusual change in your poo such as blood, see your doctor straight away.
- The test is quick and easy to do in your home.
- Everything you need is provided in the kit.
- If you need help or make a mistake, you can ask somebody you trust. You can also ring the National Bowel Cancer Screening Program Test Kit Helpline on 1800 930 998.

- You can start the test on any day.
- You need to take 2 poo samples. Try to complete both samples within 3 days.
- Do not forget to post your poo sample. You should do this on the same day that you collect the second sample of poo. If you cannot post it the same day, keep your poo samples in the fridge.

Other *Just Checking* resources

Family Planning NSW has a series of resources on cancer screening for people with intellectual disability. You can find the other resources in this series on our website www.fpnsw.org.au/justchecking

Just Checking videos

- Cervical cancer screening
- Breast cancer screening
- Bowel cancer screening

Just Checking social stories

- Lisa has a mammogram
- Betty has a Cervical Screening Test

Just Checking Support Person's Tool

A guide for workers supporting a person with intellectual disability about cervical, breast and bowel screening.

About Family Planning NSW

Family Planning NSW Family Planning NSW is the state's leading provider of reproductive and sexual health services.

Family Planning NSW is committed to recognising and supporting the rights of people with disability to live full and meaningful lives. We believe that people with disability have the same rights as everyone else to express their sexuality.

Our clinics provide a safe place for people with disability to talk about intimate and sometimes challenging issues. We produce 'easy to read' resources to support people with disability to learn about their sexuality and relationships. We also provide training and support to parents, carers, and service providers around disability and sexuality topics.

Family Planning NSW Ashfield

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Ashfield NSW 2131
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Family Planning NSW Hunter

384 Hunter Street
Newcastle NSW 2300
Phone: 02 4929 4485

Family Planning NSW Fairfield

Units 45 & 46 24-26 Nelson Street
Fairfield NSW 2165
Phone: 02 9754 1322

Family Planning NSW Dubbo

2B/155 Macquarie Street
Dubbo NSW 2830
Phone: 02 6885 1544

Family Planning NSW Penrith

13 Reserve Street
Penrith NSW 2750
Phone: 02 4749 0500

Family Planning NSW Talkline

Reproductive and sexual health
information and referral
1300 658 886
www.fpnsw.org.au/talkline

Family Planning NSW Shop

www.fpnsw.org.au/shop



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