# A video and Easy Read guides about bowel screening

## About Easy Read

Easier words with pictures to help explain some ideas.

## Guides about bowel screening

Man standing in front of toilet holding bowel test kit

DSA has a website page about **bowel screening**.

Bowel screening is an important test.

Even fit and healthy people should do the test.

People aged 45–74 years will get a test kit in the mail every 2 years.

You can do the test at home.

The test takes samples of your poo to check for blood.

This helps to check if you might have signs of cancer.

You can speak to your doctor about getting a test kit.

You can read the guides and watch the videos on the website page.

Bowel screening is a health check everyone should do when they are 45 to 75 years old.

Down Syndrome Australia made a web page about bowel screening. The web page has information about bowel screening like:

- You can do the bowel screen check at home.
- You get a kit from your doctor.
- The kit tells you how to take a sample of your poo.
- People check if there is blood in the poo.
- This helps to check if you have signs of cancer.

You should do the test even if you are fit and healthy. Health checks like bowel screening help you stay healthy. Talk to your doctor to learn more about bowel screening.

# We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

## This resource was made by

### Down Syndrome Australia

Down Syndrome Australia is made up of State and Territory associations. These groups provide support, information and resources to people with Down syndrome and their families across Australia.

- Visit website