

SA Health

# What happens next?

If your bowel screening result is positive



**NATIONAL  
BOWELCANCER**  
SCREENING PROGRAM



Government of South Australia  
SA Health



## Acknowledgements

This flipchart has been adapted from the original work titled 'You're looking good on the outside, but what about the inside? Screening for bowel cancer' developed by Queensland Bowel Cancer Screening Program, Queensland Health, in 2008.

## About the illustration and design

Original anatomical illustrations were completed by Julie Haysom.

## About this flipchart

Users of this flipchart are encouraged to modify the wording provided to suit their particular community.

The flipchart can be used as a specific educational tool for the National Bowel Cancer Screening Program or to provide general information about bowel cancer or bowel cancer screening tests.

The flipchart can be used in small group situations or for one-to-one information sharing.

Any enquiries about or comments on this publication should be directed to:

SA Health  
Prevention and Population Health  
Screening and Innovation  
PO Box 287, Rundle Mall, 5000  
South Australia, Australia  
Phone: (08) 8226 6000

# What happens next if your screening result is positive?

If you need to have more tests (like a colonoscopy), you will be advised by your doctor, nurse or health care worker.

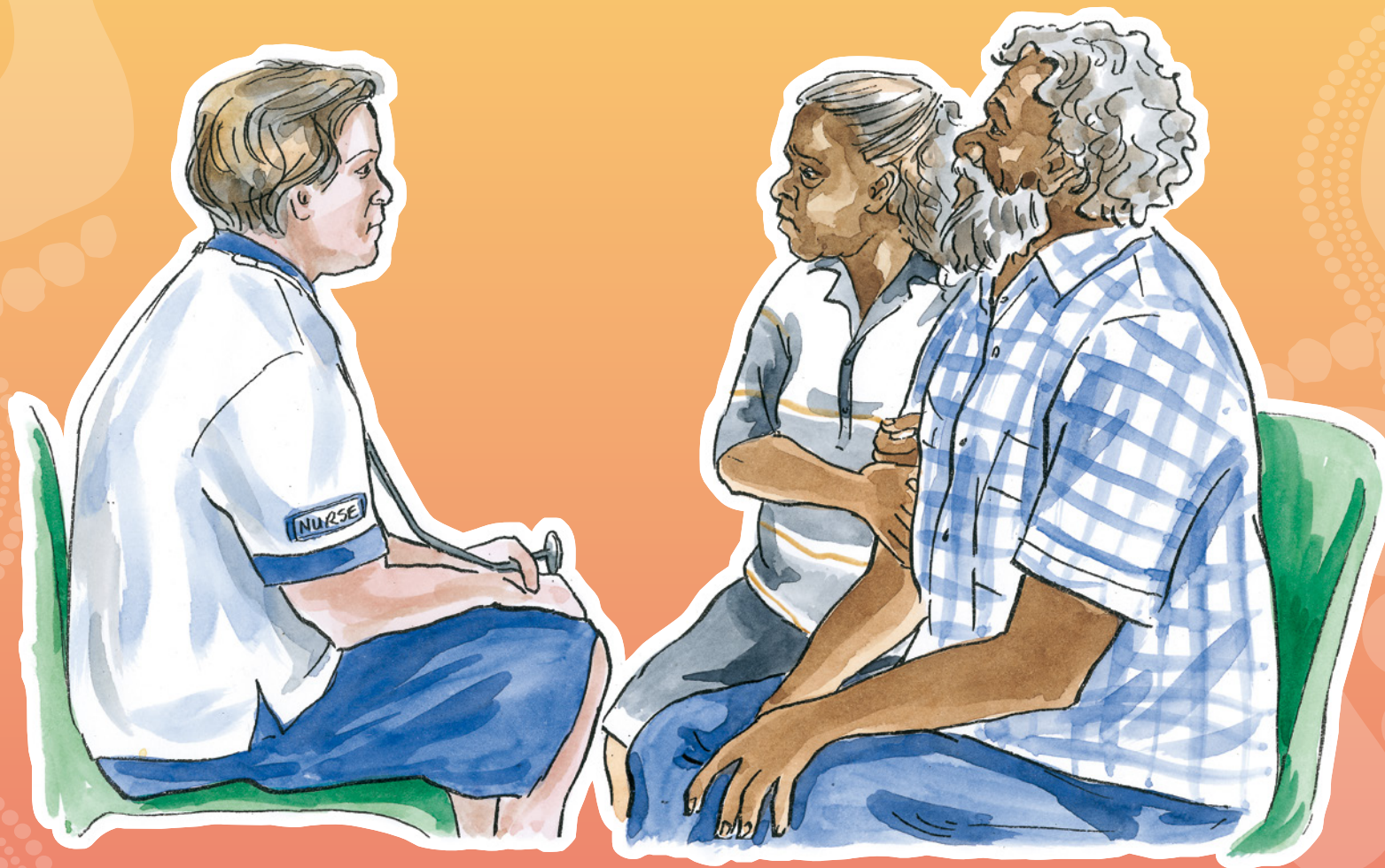
They will ask you questions about your health to make sure you are ok to go ahead with the test.

They will also give you more information about the test and can answer any questions you may have about it.

They will also help organise your appointment for the test.



# What happens next?



# What is the next test?

**The next test is called a colonoscopy, which takes a better look inside of you.**

- 1. You will need to make changes to your diet a couple of days before your test. You won't eat solids for 24 hours before the test.**
- 2. 24 hours before your colonoscopy, you will be asked to drink a special medicine to help clear your bowel. This special medicine will make your bowel motions loose, so you will need to stay close to home.**
- 3. You will need to go to the hospital to have your test. You should take someone with you for support. They can wait with you or come back later.**
- 4. At the hospital, you will be given medicine to make you sleepy.**

**Your doctor or nurse will explain more at the time of the procedure.**

# What is the next test?

**2. 24 hours before**



**3. Go to hospital**



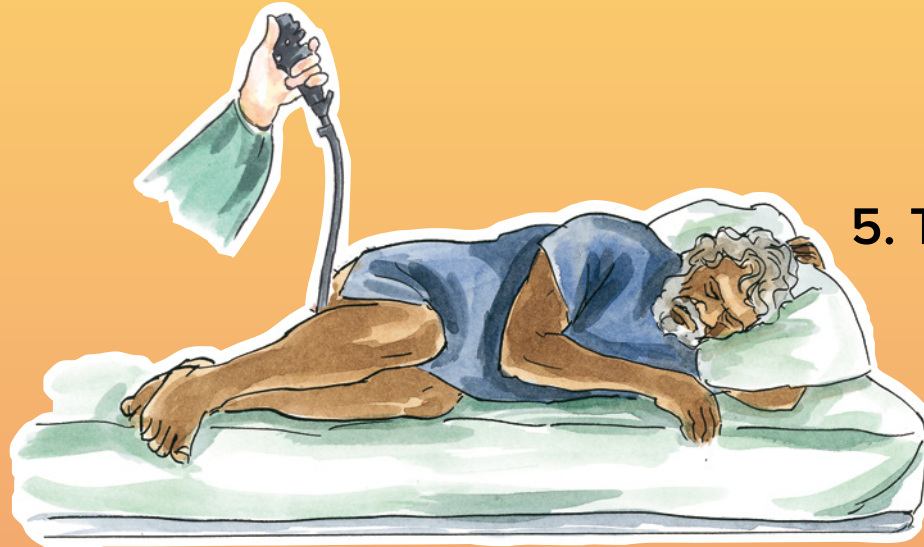
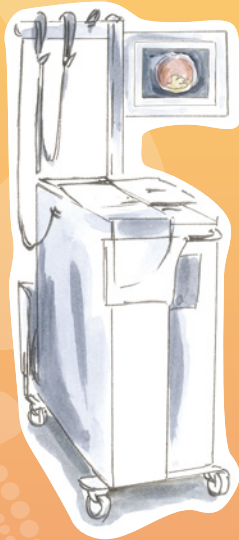
**4. Medicine to make you sleepy**



# What is the next test?

5. Once sleepy, the doctor will insert a flexible tube with a small camera into your back passage. Pictures of inside your bowel are then seen on a video screen. The test takes between 15 to 60 minutes.
6. Once the test is over, you will need a couple of hours to recover before you can go home.
7. Because you may still be sleepy from the sedative medicine, you will need someone to help take you home and be with you after the test for at least 24 hours.

# What is the next test?



5. The test

6. You are  
awake and  
able to eat  
and drink



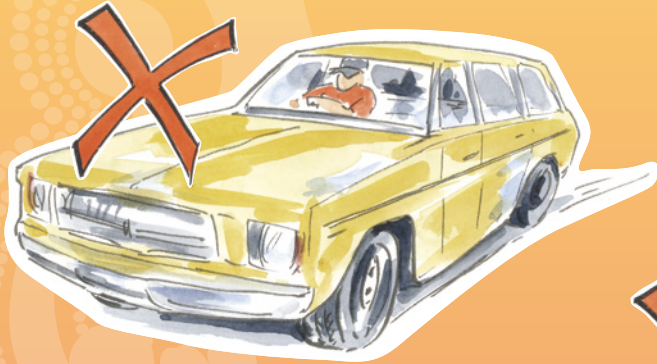
7. Need help  
going home



# After the test

1. As you had medicine to make you sleepy, you should not drive a car, travel on public transport alone, operate machinery, sign legal documents or drink alcohol for 24 hours.
2. You may also feel some minor discomfort after the test (pressure, bloating, cramping). This should wear off after one or two days.
3. If tissue samples were taken, or polyps were removed, during the test you may notice small amounts of blood in your goona afterwards (less than half a cup). This should disappear after one or two days.
4. If pain or bleeding is severe, or does not go away after three or four days, speak with your local nurse or doctor straight away. The doctor who did the colonoscopy should also be notified.

# After the test





# Results

**There are a number of possible things that a colonoscopy might find.**

1. **Nothing (clear)** – No polyps or cancer. This means you have a low risk of getting bowel cancer within the next 10 years. No test though is 100% accurate, so see your doctor if you notice any signs later. You will be asked to do the home test again when recommended.
2. **Polyps** – The doctor will usually remove them when doing the colonoscopy. You will likely need another colonoscopy in 2-5 years.
3. **Cancer** – Will probably need surgery. If found early, the chance of a full recovery is high. Most people will be able to go back to their current lifestyle.
4. **Other conditions** – The colonoscopy may find other bowel diseases or irregularities. Your doctor will follow these up with you.

# Results



**1. Nothing found.**  
Do home test  
again when  
recommended.



**2. Polyp found.**  
Check in 2-5 years.



**3. Cancer found.**  
Need treatment.



**4. Other conditions  
found.**  
Your doctor will  
discuss with you.

# Need help?

**If you have questions about your results,  
you should speak with your local nurse,  
a local health worker or a doctor.**

# Need help?



**Local Program Nurse**



**Health Worker**



**Local Doctor**

# Help stop bowel cancer

Being healthy can help prevent bowel cancer.

To reduce your risk of bowel cancer:

1. Eat a healthy diet
2. Eat more fruit and vegetables
3. Keep at a healthy body weight
4. Be physically active



# Help stop bowel cancer

To reduce your risk of bowel cancer:

1. Quit smoking or stay a non-smoker
2. Avoid or cut down alcohol intake
3. If over 50, do the simple test when it's your time

# Why change our habits?

For you.

For family.

To be around your community  
for a long time.



# Why change?

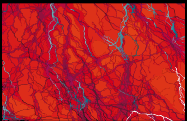
Be here for a long time!



## Story of 'screening' as cancer prevention



1. Our blood runs through our veins like the water systems on our country. The bloodlines represented in the background connect us to our country, our families and our dreaming.



2. Our families and communities are represented in the ochre yellow meeting places with a travel path connecting each community.



3. The large deep red meeting place is a tunnel view of a healthy cell. The people around the meeting place are yarnning with families and medical professionals about the importance of early screening so that a healthy cell doesn't turn into the unhealthy cancerous cell.



4. The feet represent the families and medical professionals travelling to communities to yarn about how the cells in our bodies work, the changes that can happen to our cells and common cancerous cells that affect men and women. These cells are represented in the variety of shapes and colours.

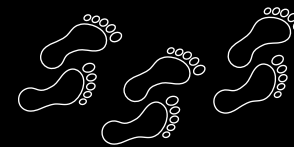


5. Abnormal and cancerous cells can affect parts of a women's anatomy and a man's anatomy. These are represented in the different shapes and lines of the anatomy. These cells can travel through an individual's bloodstream depicted in the background.



6. The footprints represent the importance of health promotion and education in our communities.

They represent both community people, educators and champions leading the way in Cancer screening across South Australia.



7. Sharing the story of early cancer screening for men and women in all of our communities is vital to assist our people to live a long, happy and healthy life. We need to come together, educate our families and communities, support each other through the screening process so that our bloodlines stay strong for future generations.

