

Bowel Screening Information



Over 60?
Received one of these in the post?



Take the test


Bowel cancer screening could save your life.


Find out more at bowelcanceruk.org.uk
 @Bowel_Cancer_UK /charitybcuk

HOW TO DO THE BOWEL SCREENING KIT

- 

Get ready - collect what you need to catch your poo before you sit on the toilet.
- 

Take kit and 2 white sticks out of the envelope. Leave the side **DO NOT OPEN** sealed. Write today's date on the 1st flap.
- 

Make sure your poo sample doesn't touch the toilet water, as this could affect the result. Use one of the sticks to take a small bit of the poo, and smear it on the 1st window. Use the 2nd stick to put a different bit of poo on the 2nd window.
- 

Throw the 2 sticks in the bin and store your kit in a cool, dry place away from lots of light (e.g. you could put it in a plastic container until next time).
- 

Repeat the process, samples from 2 more poos on different days, within a 10 day period.
- 

Put the kit in the prepaid envelope provided and post it back. You should get your results within 2 weeks.

Remember, if you get an abnormal result, it could be down to lots of different things. It doesn't necessarily mean cancer. But if it is cancer, catching it at an early stage means it is easier to treat successfully.

TIPS FOR COLLECTING YOUR POO

Here are some ideas of ways to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest?



Cling film over the toilet (remember to leave a dip)



Tubs that fruit like grapes come in



Folded toilet paper in your hand



A plastic bag over your hand, or a glove



A clean empty margarine or ice cream tub



A clean empty takeaway container

Ref: BCSC-1-17 January 2017. Annually reviewed.
Registered Charity in England and Wales (1069464),
Scotland (SC041556) and Isle of Man (1103)



This practice is working to increase the uptake in bowel cancer screening.

Regular screening can often find colorectal cancer early, when it is most likely to be curable. In many people, screening can also prevent colorectal cancer altogether. This is because some polyps, or growths, can be found and removed before they have the chance to turn into cancer.

Bowel cancer is the third most common cancer in the UK. If it's detected at an early stage, before symptoms appear, it's easier to treat and there's a better chance of surviving it.

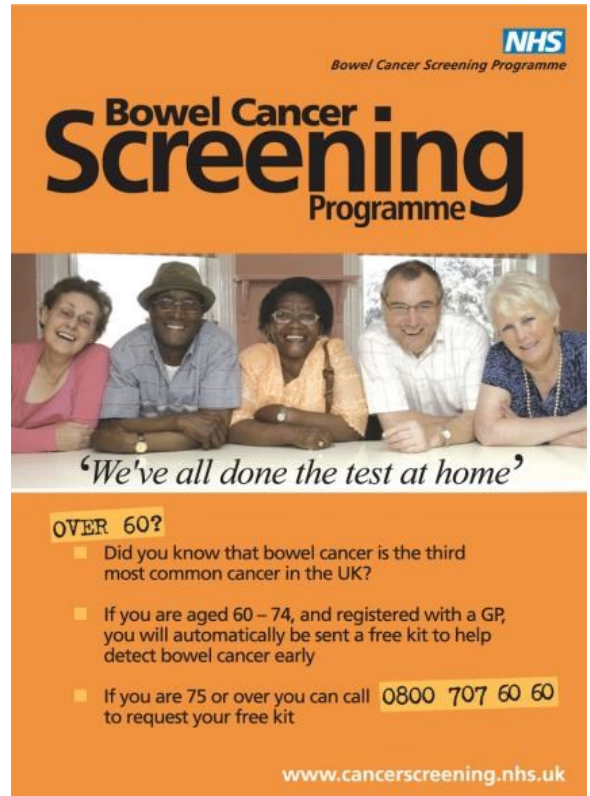
To detect cases of bowel cancer sooner, the NHS invites all men and women aged 60-74 to carry out an FOB (faecal occult blood) test at home.

They're sent the home test kit every two years through the post, until they reach the age of 7

The FOB test checks for the presence of blood in a stool sample, which could be an early sign of bowel cancer.

If you are 75 or over, you can ask for this test or further information simply call the Freephone helpline on 0800 707 60 60

Taking part in bowel cancer screening reduces your chances of dying from bowel cancer, and removing polyps in bowel scope screening can prevent cancer. However, all screening involves a balance of potential harms, as well as benefits.



The poster features the NHS logo in the top right corner, with the text 'Bowel Cancer Screening Programme' below it. The main title 'Bowel Cancer Screening Programme' is prominently displayed in large, bold, black letters. Below the title is a photograph of five diverse people (three women and two men) sitting at a table, smiling. A white banner across the photo reads 'We've all done the test at home'. Below the photo, the text 'OVER 60?' is followed by three bullet points: 'Did you know that bowel cancer is the third most common cancer in the UK?', 'If you are aged 60 – 74, and registered with a GP, you will automatically be sent a free kit to help detect bowel cancer early', and 'If you are 75 or over you can call 0800 707 60 60 to request your free kit'. The website 'www.cancerscreening.nhs.uk' is at the bottom right.

NHS
Bowel Cancer Screening Programme

Bowel Cancer Screening Programme

'We've all done the test at home'

OVER 60?

- Did you know that bowel cancer is the third most common cancer in the UK?
- If you are aged 60 – 74, and registered with a GP, you will automatically be sent a free kit to help detect bowel cancer early
- If you are 75 or over you can call **0800 707 60 60** to request your free kit

www.cancerscreening.nhs.uk