



Doing your free NHS bowel screening kit could save your life

If you are aged 58-74, this information is for you.

- Doing your bowel screening kit reduces your risk of dying from bowel cancer by finding cancer early.
- People aged **58 to 74** are invited to take part in bowel screening every **two** years.

About the test

- Bowel screening is carried out in your own home.
- When you are due for screening you will be sent a bowel screening kit. The information leaflet will help you decide if you would like to take part.
- The test looks for hidden blood in your poo sample. If blood is found, you will be invited for further tests.
- If you have lost your test kit, made a mistake or have any concerns please contact the helpline.
- Like all medical tests, bowel screening is not 100% accurate.

What you can do

- Take part in bowel screening every two years. Attend follow-ups if you are invited.
 - Eat a balanced diet, be active, stop smoking, drink less alcohol and keep a healthy weight.
 - It is important to visit your GP if you notice blood in your poo, a change in your bowel habits, unexplained weight loss, a pain or lump in your tummy or extreme tiredness.
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To find out more contact the Freephone helpline: 0800 294 3370