

## Is screening for me? I feel fine.

Screening is meant for people who feel healthy to catch bowel cancer before symptoms develop.

### Isn't it unhygienic?

Try using some toilet paper and an empty container to help. If you'd prefer, use rubber gloves too. You can do it privately in your home.

The screening kit is tightly sealed and will be unnoticeable in the post.

### Isn't it complicated and time consuming?

The new test only needs one sample. It can be done in minutes.

### What if it comes back positive?

Only one in 50 tests are positive.

A positive result does not always mean cancer. You would be invited to a clinic to talk about what's next. It is always your choice.

It could save your life.

## Are you missing out?

**Every 3 out of 4 people are already using screening at Marple Cottage Surgery.**

**Screening is available for 60 -74 year olds every two years.**

If you:

- Are over 74 but would like a test sent to you.
- Have lost, or require a new kit.
- Have any further questions.

Call for free on 0800 707 60 60.

Find out more at:

**[www.bowelcanceruk.org.uk/about-bowel-cancer/screening/](http://www.bowelcanceruk.org.uk/about-bowel-cancer/screening/)**

**If screening really isn't for you, opt out by visiting [www.gov.uk/phe/screening-opt-out](http://www.gov.uk/phe/screening-opt-out).**

Image Credits:

Public Health England (on behalf of the NHS), NHS Bowel Cancer Screening. Helping you decide. 2018. Leaflet reference: BCSP14 PN2697627. Open Government Licence v3.0. Accessed 17/02/2020

Public Health England (on behalf of the NHS), NHS Bowel cancer screening. An easy guide. 2019. PHE publications gateway number: GW-447. Open Government Licence v3.0. Accessed 17/02/2020

# Take control

# Help prevent bowel cancer

## ONE 5 minute test



**Quick and easy.**

**A real life saver.**



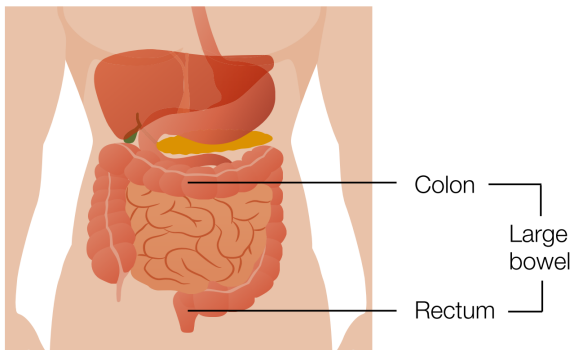
**Help Prevent bowel cancer**

**Marple Cottage  
Surgery**

## Are you over 60? - What you need to know.

Your risk of bowel cancer increases after 60 years old.

Bowel cancer kills 16,000 people each year. Often **because it is caught too late.**



The bowel is part of the digestive system, joining the stomach (tummy) to the rectum (bottom)

**Catch it early, cure it.**  
**Screening saves 2,700 lives each year.**

## Did you know?

**Screening has improved.**

With **only one sample**, you can **help prevent** bowel cancer.

You will receive a **free** sample kit in the post every 2 years for a check-up.

## What is the test?

Your screening 'FIT kit' includes an easy step by step guide.

It looks for tiny amounts of blood in your stool.

It only needs **one** tiny sample and can be done in a quick 5 minutes.



1. Receive your screening 'FIT kit' through the post.

2. Read the instructions, keep your kit ready in the bathroom.

3. Collect a tiny sample. You can use some toilet paper or a clean container to help.

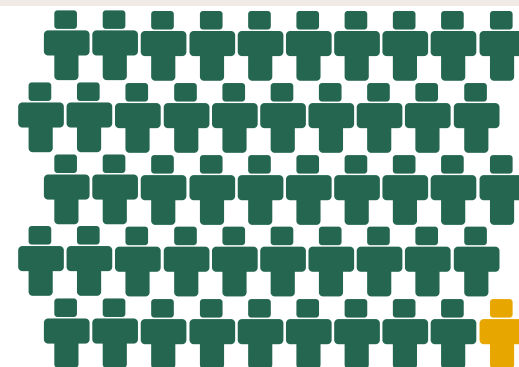
4. Place your sample in the supplied pre-paid envelope and put in the post.

5. You will receive your results through the post in two weeks.

## What's next?

Results come back in two weeks. For nearly everyone this is negative.

A positive result doesn't always mean cancer. You would need an appointment at the hospital to discuss having a closer look with a colonoscopy (camera test). If you don't like this idea, a CT scan is an option.



Only one in 50 people have a positive sample.

## Are there any risks?

**Screening can miss a small number of cancers. It is important to look out for symptoms:**

**Blood in your stool.**

**New constipation or loose stools.**

**Finding a lump or pain in your tummy.**

**Losing weight without trying to.**