



BOWEL SCREENING (FIT)

Why... Should I Get My Bowel Screening?

Screening can detect bowel cancer when it is at an early stage in people with no symptoms. Treatment is more likely to be effective at this early stage.

Screening can also find polyps, which are abnormal clumps of cells in the bowel. Polyps are not cancer, but may turn into cancer over time. Polyps can easily be removed reducing the risk of bowel cancer developing.

Everyone is at risk of developing bowel cancer but things that increase this risk include, getting older, not being active, being overweight, smoking, drinking alcohol in excess, type 2 diabetes, having ulcerative colitis or Crohn's, and having a family history of bowel cancer.

What... Is Bowel Screening?

Bowel screening consists of a home test kit called a FIT - Faecal Immunochemical Test.

Blood from bowel cancer is different so it is important to still do your FIT test if you suffer from piles. If the home test finds anything unusual you will be asked to go to the hospital to have further tests. You will be offered a colonoscopy to look inside your bowels and check everything is okay.

How... Do I Get a Home Testing Kit?

Everyone aged 56-74 years who is registered with a GP and lives in England is automatically sent a NHS bowel screening kit every 2 years.

If you're over 75 you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on **0800 707 6060**.

You collect a small sample of your poo and pop it in the container provided. This is then checked for tiny amounts of blood.

If you are worried about a family history of bowel cancer or have any symptoms (blood in your poo, a change in the frequency you need the toilet, a pain or lump in your tummy, feeling more tired than usual, unintentional weight loss), please don't hesitate to contact your GP.

Bowel screening is free, quick and could save your life. For further information visit:

www.nhs.uk/conditions/bowel-cancer-screening/

