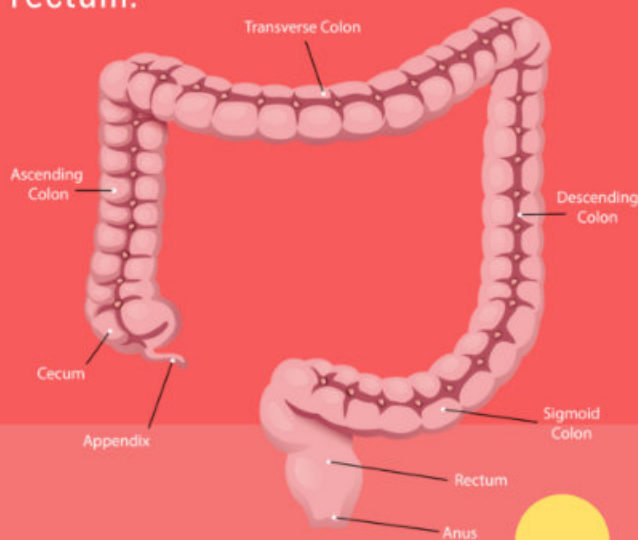


THE COLON: MORE THAN PUNCTUATION



Bowel cancer affects the large bowel, which is composed of the colon and rectum.



More than 16,000 people die from bowel cancer in the UK every year.

1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime.



Bowel cancer is curable, especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage.

However, survival drops considerably as the disease progresses.

Bowel screening can detect early bowel cancers before symptoms develop, thereby saving lives!

**BOWEL CANCER IS
THE 4TH MOST
COMMON CANCER IN
THE UK & THE 2ND
BIGGEST CANCER
KILLER.**



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THE COLON: MORE THAN PUNCTUATION



SYMPTOMS OF BOWEL CANCER:

- UNEXPLAINED WEIGHT LOSS



- LOSS OF APPETITE

- TIREDNESS



- BREATHLESSNESS

- PAIN IN THE ABDOMEN/
BOTTOM



- CHANGE IN NORMAL
BOWEL PATTERN



- A FEELING OF NEEDING TO STRAIN
IN THE BACK PASSAGE

- LUMP IN THE BACK
PASSAGE OR ABDOMEN

- BLEEDING FROM THE
BOTTOM/BLOOD IN POO



IF YOU EXPERIENCE
ANY OF THESE
SYMPTOMS,
PLEASE SEE
YOUR GP
URGENTLY.



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BOWEL SCREENING SAVES LIVES

HOME TESTING KIT

You use the home testing kit to collect one small sample of poo in a small plastic sample bottle, and post it back to the laboratory.

They test it to check for tiny amounts of blood, which could be a sign of bowel cancer.



WHO IS IT FOR?

Aged 55?
You will be invited for a one-off bowel scope screening test

Aged 60-74?
You will be sent a home testing kit every 2 years

Aged 75+?
You can request a home testing kit every 2 years – call 0800 707 6060



DON'T IGNORE YOUR BOWEL SCREENING- IT IS A QUICK AND EASY TEST, WHICH COULD POTENTIALLY SAVE YOUR LIFE.



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MEDICAL ASSOCIATION

THE COLON: MORE THAN PUNCTUATION



BOWEL SCREENING HOME TEST

This involves taking a small sample from your poo and sending it to the laboratory.

1. The kit has a small stick in it. You need to put a plastic tub and a few layers of toilet paper into the toilet to catch the poo. You must ensure that the poo does not touch the toilet water.



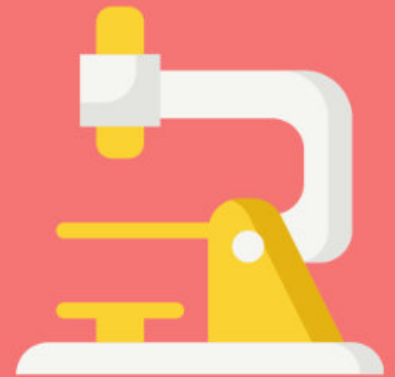
2. Once you have opened your bowels, use the stick from the kit and scrape some poo onto the end of the stick. The 2 holes at the end of the stick need to be covered.

3. Then you simply put the stick into the tube and twist it to close it. Next, write the date on the side of the tube, put it into the prepaid envelope provided and post it off.



WHAT HAPPENS NEXT?

Your poo will then be tested in the lab to check for tiny amounts of blood, which can sometimes be a sign of bowel cancer.



RECEIVING THE RESULTS

You usually receive the results within 2 weeks, along with an explanation.



You will also be informed if any further tests are needed.



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