



**Wrightington, Wigan and
Leigh Teaching Hospitals**
NHS Foundation Trust

Bowel Cancer Screening-An Easy Guide-Easy Read

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Bowel Cancer Screening: An Easy Guide

The NHS invites men and women for bowel cancer screening after their 60th birthday. You can call the freephone helpline for advice on **0800 707 60 60**. Public Health England (PHE) created this leaflet on behalf of the NHS.

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Bowel Cancer Screening

This booklet tells you about the bowel cancer screening test. After your 60th birthday, you get a screening test kit to do at home. We will send you a box with:

- a test kit
- a letter
- a freepost envelope

Bowel Cancer

Some people get a disease called bowel cancer. This is a serious illness you can die from. Bowel cancer screening helps find bowel cancer at an early stage. Your bowel is inside your body. It connects your stomach (tummy) to your bottom. The bowel takes away waste your body does not need. This is called poo.

Your Choice

YES or **NO** - It is your choice to do the test or not. You can talk to your family or carer. You can talk to a nurse or your doctor. Or you can call the freephone number on **0800 707 60 60**

Good points: Doing the screening test can find early signs of bowel cancer. If bowel cancer is found early, you have a better chance of living. You do the test at home.

Bad points: The screening test will find most bowel cancers, but some can be missed.

Doing the Screening Test

The test looks for tiny amounts of blood in your poo. You can do the test on your own or you can ask someone to help you. To do the screening test, you need to collect a small amount of your poo. To catch your poo you can use:

- toilet paper
- a clean empty container

Write the date on the label of your test kit. Take the kit into the bathroom. Put toilet paper inside the container you are using to collect the poo. Catch your poo before it goes in the toilet water. Remove the container from the toilet.

Open the kit. Wipe the stick through the poo. Put the stick back into the kit. Click the lid closed. Do not reopen the kit. Tip the poo into the toilet. Throw the container into a bin. Wash your hands with soap.

Put your kit into the envelope. Peel the tape off and stick the envelope down. You do not need a stamp. Put the envelope in a post box.

Screening Test Results

You should get a letter within 14 days with your results.

- **Little or no blood in poo:** You do not need more tests.

- **Blood in poo:** You may need more tests. A doctor or nurse will talk to you about your results.

If you have any questions or problems please telephone: **0800 707 60 60**.

Keeping Your Bowel Healthy

Having a healthy bowel can help stop cancer. Eat 5 pieces of fruit and vegetables every day. Eat food high in fibre. This includes:

- brown bread
- brown rice
- porridge

Drink 6 to 8 glasses of water every day. Be a healthy weight. Do more exercise.

Some foods are not good for your bowel if you eat a lot of them. They include:

- ham
- bacon
- burgers
- sausages
- beef
- pork
- lamb

Drinking a lot of alcohol is bad for your bowel. Smoking is bad for your bowel.

When You Should Go to Your Doctor

You should go to your doctor if:

- you see blood in your poo
- your poo is runny for at least 3 weeks and this is not normal for you
- you stop having a poo and this is not normal for you
- you start to get very bad tummy pains
- you can feel lumps in your tummy
- you lose weight quickly without trying to
- you feel tired all the time and this is not normal for you

More Information

If you have any questions or problems you can:

- call **0800 707 60 60**
- book to see your doctor
- visit www.bowelcanceruk.org.uk
- visit www.nhs.uk/bowel

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