

2. KNOW THE SIGNS

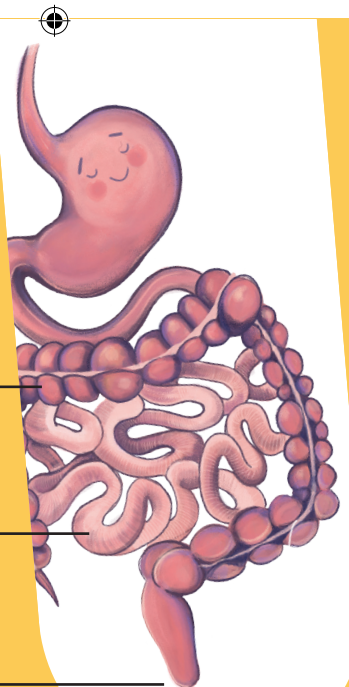
If you notice any of the following, contact your GP:

- **Blood** in your poo
- **Changes in bowel habits** (looser poo, going more often, constipation that lasts 3+ weeks)
- **Unexplained tiredness** or low energy
- **Unexplained weight loss**
- **Tummy pain** or a lump in your stomach area

THE COLON

LARGE BOWEL

RECTUM



3. TIPS TO REDUCE RISKS

- Get regular **physical activity**
- **Eat more fibre-rich foods** (wholegrains, lentils, beans, vegetables) and less red/processed meat
- Cut down on **alcohol** and **quit smoking**
- Maintain a **healthy weight**
- Take part in **bowel screening** when invited

BOWEL CANCER IS THE 4TH MOST COMMON CANCER IN THE UK.

CATCHING IT EARLY CAN SAVE YOUR LIFE!



FIND OUT MORE AT:
nclcanceralliance.nhs.uk



HEALTHY BOWELS START HERE

A QUICK GUIDE TO SPOTTING SIGNS, REDUCING RISK, AND USING THE NHS BOWEL SCREENING TEST



1. YOUR NHS BOWEL SCREENING (FIT) TEST

If you're 50-74, you'll receive your own bowel screening test every two years.

How the test works:

- Receive your free kit in the post
- Take one small poo sample
- Post it back in the free envelope within 2 days
- Get your results by letter in about 2 weeks

It does not mean you have cancer, but it helps find problems early.

**LOST YOUR TEST?
WANT SOME ADVICE?
NEED A NEW ONE?**

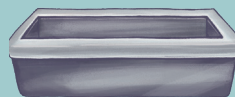
Call the free helpline

0800 707 60 60

TIPS FOR COLLECTING POO

Why not practise and work out which method you find the easiest?

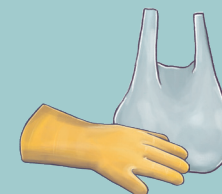
DO NOT LET YOUR POO TOUCH THE WATER OR TOILET



METHOD 1
A clean, empty
takeaway container



METHOD 2
Folded toilet paper
in your hand

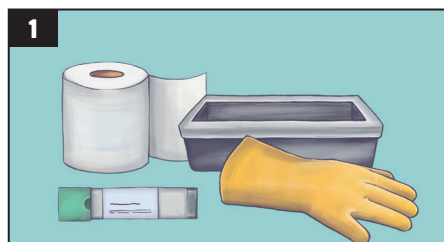


METHOD 3
A plastic bag over
your hand, or a glove

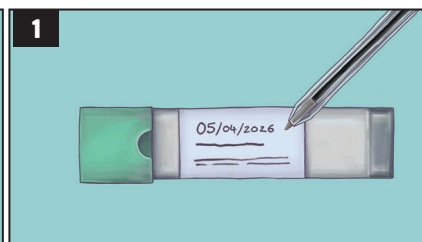


METHOD 4
Cling film over the toilet
(remember to leave a dip!)

HOW TO DO THE BOWEL SCREENING KIT IN ENGLAND



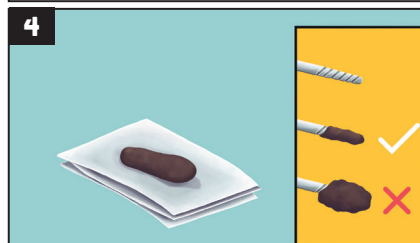
Get ready!! - Collect what you need to catch your poo before you sit on the toilet.



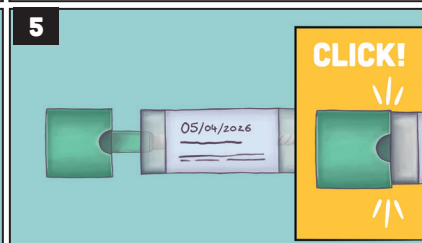
Write the date on the sample bottle in biro.



Collect your poo - we've given you some ideas for how to do this. **Do not let your poo touch the water or toilet.**



Twist the cap to open the sample bottle. Scrape the stick along the poo until all the grooves are covered. You only need a little poo to test. **Please do not add extra.**



Put the stick back in the bottle and click the cap to close it. Do not reopen the bottle after use. Please wash your hands.



Check you have written the date on your sample bottle, put the bottle in the prepaid envelope and post it back as soon as possible.



ONCE YOU HAVE COLLECTED YOUR POO, USE YOUR BOWEL SCREENING KIT TO TAKE A SAMPLE AND POST IT BACK AS SOON AS POSSIBLE. YOU MAY WANT TO CHECK YOUR LOCAL POSTAL COLLECTION TIMES.