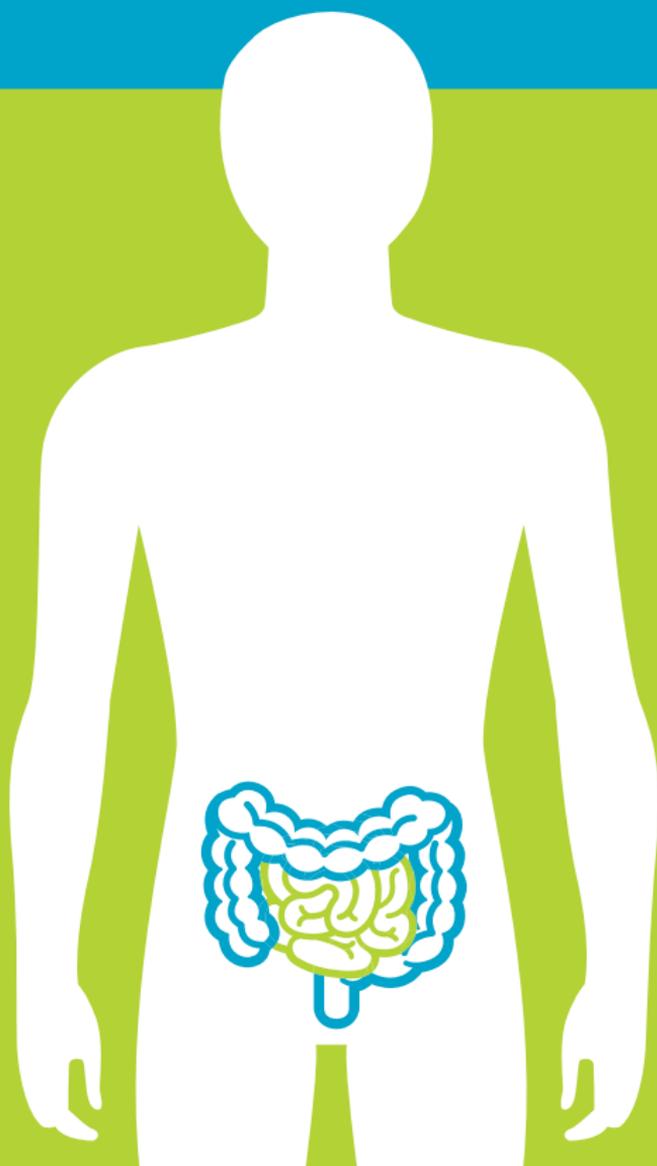


Bowel screening

*Helping you make an
informed choice*




yorkshire cancer
research

Saving Yorkshire Lives

Bowel cancer (also called colorectal cancer) is one of the most common cancers in Yorkshire. It includes colon cancer and rectal cancer.

It is the second most common cause of cancer death, but early diagnosis increases the chance of successful treatment.

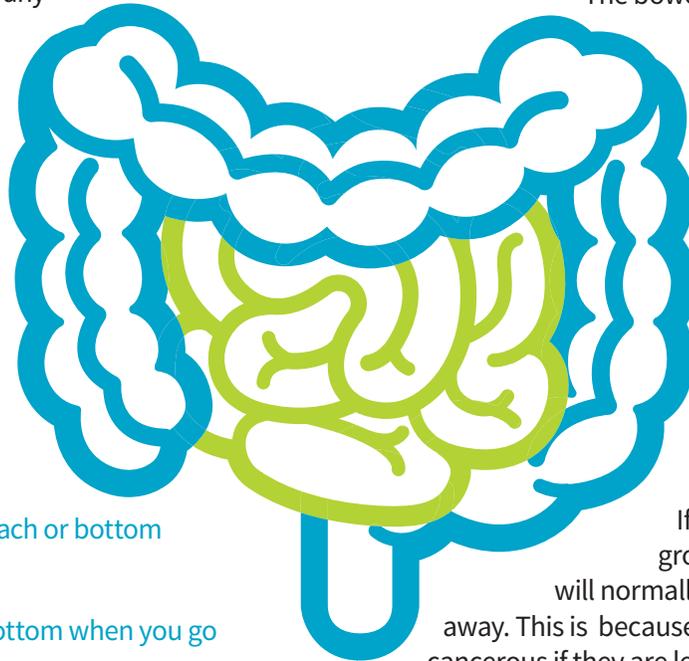
Screening can help to detect bowel cancers early, even before you notice any symptoms.

Symptoms of bowel cancer include:

- A change in your normal bowel habits which lasts for three weeks or more, such as going to the toilet more often than usual, and having softer, looser poo
- Blood in your poo, or bleeding from your bottom
- A pain or lump in your stomach or bottom
- Unexplained weight loss
- A straining feeling in your bottom when you go to the toilet
- Feeling more tired than usual

If you notice any of the symptoms listed above, or are worried about any other symptoms, talk to your doctor straight away. Do not wait for your next screening kit to be sent to you before telling a doctor or nurse.

1 in 14 men and 1 in 19 women will be diagnosed with bowel cancer in their lifetime



Bowel screening - the bowel scope

A new test called a bowel scope is being offered in England. Its full name is 'flexible sigmoidoscopy' which is sometimes shortened to 'flexi-sig'.

The bowel scope is a one-off test.

If it has been rolled out in your area you will get an invitation when you are aged 55. Bowel scope should be available to all 55 year olds in the UK within the next 5 years.

During the test a doctor or nurse will use a long narrow flexible tube with a camera on the end to look inside the lower part of your bowel.

If they find any small growths, called 'polyps', they will normally remove them straight away. This is because some polyps can become cancerous if they are left untreated.

Out of every 300 people screened:

- 285 get a normal result
- 14 people are offered further tests
- 1 person will have a bowel cancer

If you did not accept your bowel scope invitation and have changed your mind, you can request a test until your 60th birthday by calling the Freephone helpline on **0800 707 60 60**.

All information correct at date printed (June 2017).

Bowel screening - the FOB test

The 'faecal occult blood (FOB) test' is done at home. It is available to everyone aged 60 to 74.

It checks for hidden blood in poo (stool) samples. This can be an early sign of bowel cancer.

- If you are aged 60 to 74 and are registered with a GP you should be sent a kit every 2 years in the post. If you think you have missed a bowel screening, or have not been sent a kit, call the Freephone helpline (0800 707 60 60). Make sure your doctor has your current contact details.
- If you are aged 75 or over, you can call the Freephone helpline (0800 707 60 60) to request a kit.

What does the test involve?

You will need to collect small poo samples and wipe them onto the screening card provided. Then you will need to return the card in the envelope provided.

Useful tips

- Get your screening card ready before you go to the toilet.
- You might find it useful to wear disposable gloves. Make sure you throw them away after each use (do not flush).
- Think about how you are going to collect your sample – for example, you could catch your poo in a wad of toilet roll or in an old plastic tub which you can throw away afterwards.

It is important to do your bowel screening every 2 years. Between tests talk to your doctor straight away if you notice any symptoms of bowel cancer.

Bowel screening - FOB test results

A normal result means that blood was not found in your poo sample.

However, it does not mean that you do not have, or will never get, bowel cancer. You should look out for any symptoms of bowel cancer and complete your screening kit when it is posted to you.

98 in 100 people get a normal result



2 in 100 people get an abnormal result

An abnormal result means that traces of blood were found in your poo sample.

This could be caused by a number of things including bowel cancer, bleeding from polyps (small growths in your bowel), piles, or other conditions.

You will be invited to your local screening centre to have another test called a 'colonoscopy'.

Similar to the 'flexi-sig' test, during a colonoscopy a doctor or nurse uses a long narrow flexible tube with a camera on the end to look inside your bowel.

Did you know?

Participation in bowel screening in Yorkshire is better than the England average, but only around 6 in 10 people take part in screening when invited. In some areas of Yorkshire only 3 in 10 people take part in bowel screening when invited.

Yorkshire Cancer Research wants to give information about bowel cancer screening to help you make an informed choice. We are encouraging people to take part in bowel screening to help more people get an early diagnosis. Getting cancer diagnosed earlier will help to save lives.

If you have missed a bowel screening appointment, have not been sent a kit, or are aged 75 or over, call the Freephone helpline on 0800 707 60 60 to request a FOB test kit.

If you did not accept your bowel scope invitation and have changed your mind, you can request a test until your 60th birthday by calling the Freephone helpline on 0800 707 60 60.



This leaflet has been produced as part of our Wise Up To Cancer programme.

Please help us offer this programme across Yorkshire by supporting Yorkshire Cancer Research.

You can make a one off donation or sign up to give monthly by visiting www.ycr.org.uk/donate. You can also make a donation today by texting **YORKSHIRE** to **70007** to donate £3.

Thank you.

www.ycr.org.uk/wiseuptocancer

