



Bowel cancer screening

A guide to the Scottish Bowel Screening Programme



Bowel Cancer UK
Beating bowel cancer together

What is bowel cancer screening?

Bowel cancer screening uses a simple test to look for signs of cancer or polyps (non-cancerous growths). Screening can detect tiny amounts of blood in poo, which can't normally be seen.

What does the test involve? Why is it important?

The test is quick and easy to use. It will be posted to you, so you can do it in the privacy of your own home.

You will be sent a small tube with a stick attached to the lid. You use the stick to take one small poo sample and then put it back in the tube.

You will be given a self-sealing, freepost envelope to send the test back to the screening centre.

Full instructions and a more detailed information leaflet will be sent to you with your invitation and test.

Bowel cancer is the second biggest cancer killer in Scotland, but it is treatable and curable especially if diagnosed early.

Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working.

The test can also find polyps (non-cancerous growths), which might develop into cancer. Polyps can easily be removed to lower the risk of bowel cancer.

Who can take part?

If you are **50-74** you will receive a screening test in the post every two years. If you are **75 or over** you can request a screening test by calling **0800 0121 833**. Whatever your age, if you are worried about any symptoms you should visit your GP.

Remember

Bowel cancer screening is for people with no symptoms. Screening looks for signs of bowel cancer before symptoms appear.

What happens after the test?

You will usually get the results of your test within two weeks.

Most people will be told they do not need any further investigations. If this happens you won't need any more tests, but you should still see your GP if you have any symptoms. You will be sent the screening test again in two years.

If blood is found in your poo, you will be offered a test called a colonoscopy to take a closer look inside the bowel. This doesn't mean you definitely have cancer. Blood could be caused by a non-cancerous polyp or another health problem.

Even after a normal result, it is important that anyone worried about symptoms speaks to their GP.



Bleeding from your bottom and/or blood in your poo



A persistent and unexplained change in bowel habit



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy

Find out more

Call the bowel cancer screening helpline on **0800 0121 833**

Email:
bowelscreening.tayside@nhs.net

Visit :
nhsinform.scot/bowelscreening

Did you know?

Bowel cancer screening saves lives. If bowel cancer is diagnosed at the earliest stage, nearly everyone will be successfully treated.

Bowel Cancer UK is the UK's leading bowel cancer charity. We're determined to save lives and improve the quality of life of everyone affected by the disease.

We support and fund targeted research, provide expert information and support to patients and their families, educate the public and professionals about bowel cancer and campaign for early diagnosis and access to best treatment and care.

To donate or find out more visit
bowelcanceruk.org.uk

 [/bowelcanceruk](https://www.facebook.com/bowelcanceruk)

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