



Australian Government

**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

Screening for bowel cancer could save your life.

This is a resource for you and your doctor to read together.

Bowel cancer is
Australia's second
biggest cancer killer,

**BUT
OVER 90%**

of cases can be
successfully treated
if caught early.

Are you eligible?



☐ **Ages 45 to 49**

You can request your first free kit online, or by calling the **National Cancer Screening Register (NCSR)** on **1800 627 701**.



☐ **Ages 50 to 74**

You will automatically be mailed a **free bowel screening kit** every 2 years.



☐ **Ages 45 to 74**

Through the program's alternative access to kits model, some doctors can give you a kit.

What is the bowel screening test?

The simple home test looks for tiny traces of blood in your poo, which can be an early sign of bowel cancer before any symptoms appear.

The home test kit should be used by people with no signs or symptoms of bowel cancer.

Kits have an expiry date of up to 12 months, but you can request a free replacement if yours is lost or expired.



Find out more:
health.gov.au/nbcsp

or call the National Cancer Screening Register
on **1800 627 701**



If you need an interpreter,
please call **13 14 50**

**These resources are available
in other languages**

What happens next

If you decide to do the bowel screening test, here's what to expect:

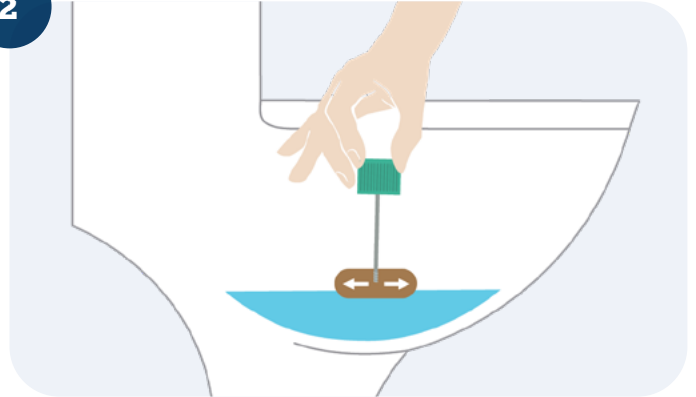
1



The kit

You will receive a test kit in the mail or from your doctor to do at home. It contains instructions, 2 collection tubes and flushable toilet liners. Place the kit in the bathroom where you will remember to do it.

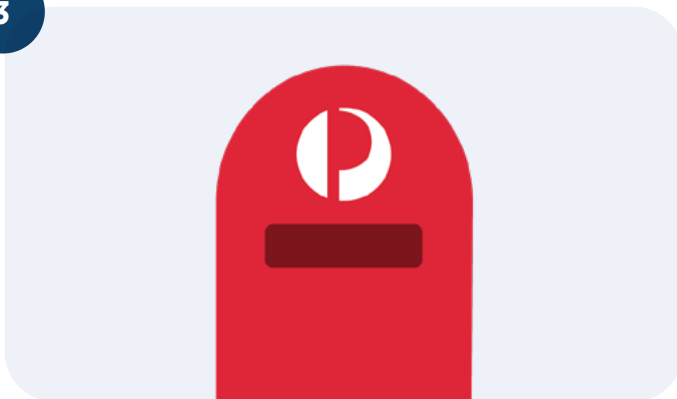
2



Take 2 samples

- Write your details on the collection tube.
- Do a wee first, then place the liner inside the toilet bowl to catch the poo.
- Scrape the tip of the collection stick over the poo to get a tiny sample, then put it back into the tube and click shut.
- Store the tube in a cool place like your fridge (not freezer).
- **Repeat this process with the second tube on your next poo.**

3



Mail samples for testing

Fill out the participant details form. Place it into the supplied reply-paid envelope with the 2 completed sample tubes. Complete the checklist on the back of the envelope and mail it back within 24 hours.

How your doctor can help

Your doctor can check whether you are due to screen, explain the benefits of screening, how to do it, and discuss any concerns or family history. They can help you decide if screening is right for you based on current evidence and your personal preferences.



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