 **National Bowel Cancer Screening Program – please do your free test.**

Dear

We are writing to encourage you to do a test which looks for early signs of bowel cancer. We strongly recommend you do the test – even if you don’t have any symptoms or family history.

You should have received a test kit in the mail. The test is easy to do at home.

Bowel cancer is the fourth most common cancer in the UK. The aim of the National Bowel Screening Programme is to discover bowel cancer at an early stage. The sooner it’s caught, the easier it is to treat.

Whether or not to take part in bowel screening is your choice.

Men and women aged between 60 and 74 years old are eligible to take part every 2 years.

If you have not received your screening pack or wish to have another sent out to you, please telephone the following number: Freephone **0800 707 6060 or email lnwh-tr.bcsp@nhs.net.** You can also discuss this with any member of practice staff.

If you’re not sure how to complete the test, this link will give you further information: https://bit.ly/2PZU5cE or speak to your practice nurse who can show you how to complete the kit.

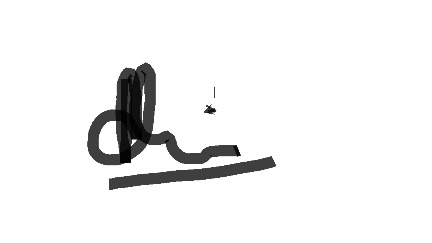
If there is anything else that you’d like to know or discuss about bowel screening, please do not hesitate to contact the surgery for further advice.

Symptoms of bowel cancer can include:

* A persistent change in bowel habit, especially going to the toilet more often or diarrhoea for several weeks
* Bleeding from the back passage without any obvious reason
* Abdominal pain especially if it is severe
* A lump in your abdomen

Please remember that these symptoms do not necessarily mean that you have bowel cancer, but if you have one or more of these symptoms for four to six weeks, you should contact us as soon as possible.

Yours sincerely,

Dr Benedict Dr Tilley Dr Abbas Dr Ishaq

**GP Partners at Tooting South Medical Centre**

**FAQs:**

**Why are bowel motions tested?**

The NHS Bowel Cancer Screening programme sends everyone aged 60 –74 a FIT test (called the kit) every two years. ‘Occult’ means ‘hidden’ and the kit can detect traces of blood that you normally cannot see in your bowel motions. Blood in your bowel motions can be caused by many things – it does not always mean that you have bowel cancer.

**It will take too much time**

Collecting a sample of your bowel motion should only take a minute or two of your time. Make sure you have everything you need for the sample collection. If you have the kit within easy reach when you are sitting on the toilet, this should make it even quicker.

**It will be too messy**

There are a number of easy ways to make sure that collecting your sample is not too messy or unpleasant. Please see QR code below for further details.

**Any questions?**

If you have any questions about the kit or bowel cancer screening then you

can call: Freephone: 0800 707 60 60

All calls are answered by trained staff and are dealt with in the strictest confidence. Please do not feel embarrassed to ask for more information or advice.

**Returning your screening kit can:**

* reduce your risk of dying from bowel cancer;
* increase the chance of detecting a bowel polyp before it develops into bowel cancer.

Please use your phone camera to access the video below which explains the test and how to collect your sample:

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| VIDEO EXPLAINING THE TEST | TIPS ON COLLECTING THE SAMPLE |
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