

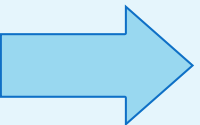
# NHS Bowel Cancer Screening Programme: The Essentials

- Bowel cancer is the third most common cancer
- The FOB test spots hidden signs of bowel cancer early
- Doing the FOB test every 2 years lowers the risk of dying from bowel cancer
- Men and women aged 60-74 are sent the FOB test to do at home

DEVELOPED BY UNIVERSITY COLLEGE LONDON  
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Would you like to know more? See inside for details



## How does the FOB test work?

- The FOB (Faecal Occult Blood) test checks for tiny amounts of blood in stools (poo) that cannot be seen by the eye
- Blood in stools can be a sign of bowel cancer
- An FOB test kit is sent to your home
- The FOB test is easy to do
- You do the FOB test at home by putting small amounts of stool onto a test kit
- You send the test kit back to the laboratory in a special freepost envelope

## What happens after you've done the FOB test?

- You get your FOB result through the post within 2 weeks
- Most people (98 out of 100) get a normal result
- If you have a normal result you will be sent another FOB test every 2 years up to age 74

- A small number of people (2 out of 100) get an abnormal result
- If you get an abnormal result, you will get an appointment to talk about further testing
- For most people, the follow-up test will show there is no bowel cancer
- If bowel cancer is found, it is likely to be at an early stage where treatment is more successful

## How accurate is the FOB test?

- Doing the FOB test every 2 years lowers the risk of dying from bowel cancer
- Like all screening tests, the FOB test is not 100% accurate
- Bowel cancer can be missed if there is no bleeding at the time the FOB test is done

## Where can I get more information?

For more information see the enclosed leaflet:

*'Bowel Cancer Screening: The Facts'*

