Bowel Cancer and Bowel Screening
What is Bowel Cancer

Bowel Cancer is the third most common cancer in this country.

Women and men can get Bowel Cancer.

More men than women get Bowel Cancer.
What is Bowel Cancer?

The bowel is in your belly (abdomen).

Sometimes a lump (called a polyp) grows in the lining of the bowel.

This can become a tumour which is called Bowel Cancer.
What affects your risks?

The older you are, the greater the risk of you getting Bowel Cancer.

People who have a diet high in red meat increase their risk of getting Bowel Cancer.

People who have a diet low in fruit or vegetables increase their risk of getting Bowel Cancer.

Smoking increases your risk of getting Bowel Cancer.
What affects your risks?

If you drink alcohol this will increase your risks of getting Bowel Cancer.

If your Mother, Father, Brother or Sister had Bowel Cancer then your risk of getting Bowel Cancer may be higher.

If more than one person in the family develops Bowel Cancer this could increase your risk of getting it.
How to reduce your risks

Do a little bit of exercise 5 days a week, about 30 minutes each day.

Try to eat 7 or more different fruits and vegetables every day.

Eat more fish and white meat.

Make sure you have fibre in your diet, this could be brown bread or muesli.
How to reduce your risks

Reduce the amount of Alcohol you drink.

Some drinks contain more alcohol than others. People use the word unit to say how much alcohol there is in a drink.

Men should not drink more than 3 or 4 units of alcohol a day.

Women should not drink more than 2 or 3 units of alcohol a day.
How to reduce your risks

Stop smoking.

Know your body

Both men and women need to be aware of their body and the changes to look for.
Signs and Symptoms of Bowel Cancer

If you have blood in your poo or bleeding from your bum, contact your doctor.

If you have a change to your poo, for example diarrhoea or constipation, contact your doctor.

If this lasts longer than three weeks, contact your doctor.

If you are more tired than usual, contact your doctor.
Signs and Symptoms of Bowel Cancer

If you feel breathless, contact your doctor.

If you have belly (abdominal) pain, contact your doctor.

If you feel a lump in your belly (abdomen), contact your doctor.
Signs and Symptoms of Bowel Cancer

If you don’t feel like eating (a loss of appetite), contact your doctor.

If you have unexplained weight loss, contact your doctor.

If you notice a change in your body tell a family member, or staff member who will help you to contact your doctor.
Bowel Cancer Screening Programme

You will be asked to take part by letter in the Bowel Screening Programme.

This will happen every two years if you are aged 60 up to 75 years.

If you are aged 75 or over you can ask for a bowel screening kit every two years by ringing the free phone number 0800 707 60 60.
Bowel Cancer Screening Programme

Take part in Bowel Cancer Screening when you are invited to. You do the test in your own home. Sometimes you may need to do this test three times at home.

You will get these things in the post:

- A letter inviting you to take part in screening.
- There is a leaflet that tells you how to do the Bowel Cancer Screening Test.
**Bowel Cancer Screening Programme**

A Bowel Cancer Screening Kit.

Sample sticks which you will use to collect your poo.

A pre paid return envelope in which to post your Bowel Cancer Screening Kit.
Bowel Cancer Screening Programme

Poo can be in all different shapes and sizes. The test can be done with any type of poo.

The test is done over any three days that follow.

One way to collect your poo is in a clean plastic container.
The way to use the card (Bowel Screening Kit)

The way to use the box day 1

Use a clean sample stick for each box.

Use 2 sample sticks to collect 2 bits of poo.

When you do the test put a date on the card.
The way to use the box day 2

Use a clean sample stick for each box.

Use 2 sample sticks to collect 2 bits of poo.

When you do the test put a date on the card.
The way to use the box day 3

Use a clean sample stick for each box.

Use 2 sample sticks to collect 2 bits of poo.

When you do the test put a date on the card.

When you have collected three days of different samples of your poo the test is finished.
What to do next

Put the Bowel Cancer Screening Kit in the pre paid return envelope.

You do not need a stamp.

When you have collected three days of your poo the test is finished. Post the Bowel Cancer Screening Kit on the same day.
Results

You will get your results in two weeks by post.

If your results are normal and you are aged 60 up to 75, you will be sent the test again in two years. This will come in the post.

If your screening shows you need more tests, an appointment will be made for you at the nearest nurse led clinic.
Results and Tests

The nurse will explain the next test which is called a colonoscopy.

This is where a tube with a camera looks inside your bowel.

This test will be carried out in two weeks at the Royal Liverpool and Broadgreen University Hospital or Aintree University Hospitals NHS Foundation Trust.

The doctor will explain your results.
If you are 75 or over

If you are **75 or over** you will not be invited to take part in the Bowel Cancer Screening Programme.

If you want to take part in the Bowel Cancer Screening Programme you can ring **0800 707 60 60** to ask for a Bowel Screening Kit.

You can do this every two years from the age of 75.
**Wordlist**

**Bowel Cancer;** is the third most common cancer in this country (CRUK 2011).

**Men;** 1 in 14 men get Bowel Cancer (CRUK 2010).

**Women;** 1 in 19 women get Bowel Cancer (CRUK 2010).

**Polyp;** a polyp is a lump in the lining of the bowel. If it grows faster than it should it may increase your risk of getting Bowel Cancer.

**Changes to your poo;** this can be diarrhoea (runny, soft poo) or constipation (hard poo which will not come out of your bum).

**Colonoscopy;** This is where a tube with a camera looks inside your large bowel.
This booklet is available in other languages and formats

This leaflet has been developed by the Health Promotion Specialist, Liverpool Community Health NHS Trust, and Rebuild Liverpool Primary Health Care Facilitators LD, Mersey Care NHS Trust in consultations with the Community Focus Women’s Group Southport Mersey Care NHS Trust, and Community Focus Men’s Group Southport Mersey Care NHS Trust, United Response Men’s Group from Oakfield Day Centre, United Response Women’s Group from Oakfield Day Centre and People First Merseyside and Mencap Liverpool Social Group.

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