



Public Health
England

NHS

Bowel scope screening

An **easy guide**



Men and women are invited for bowel scope screening when they reach age 55.

Call the Freephone helpline for advice: **0800 707 60 60**

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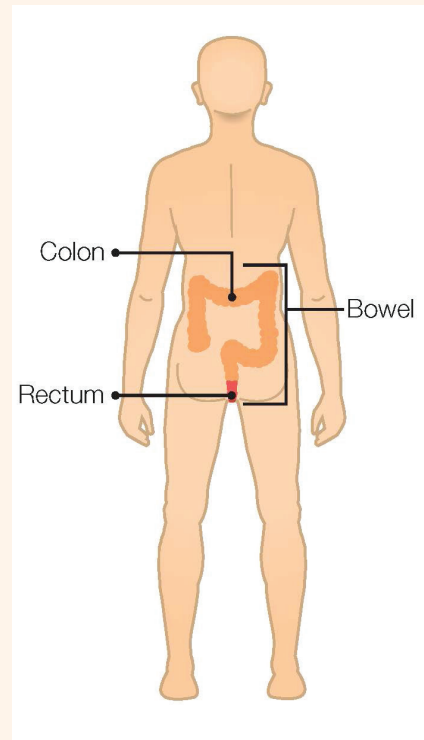
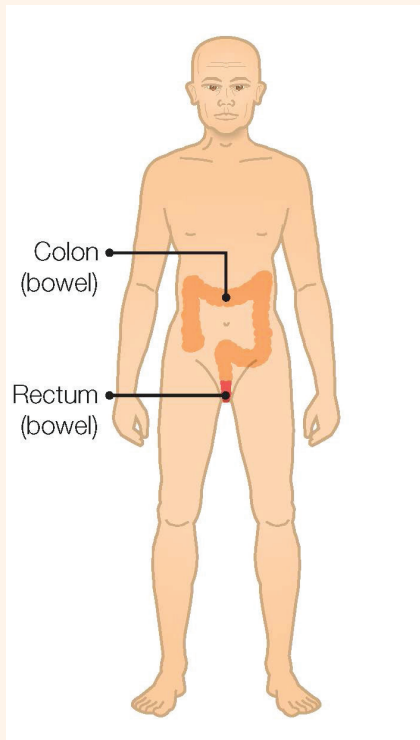


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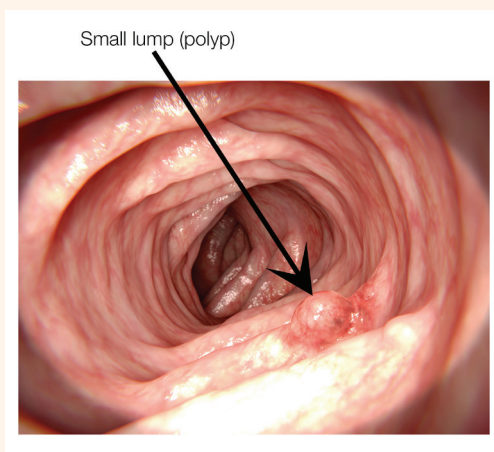
Your choice



This booklet is about bowel scope screening.

Your bowel is in your belly (stomach). This is where your poo is made.

Poo is all of the solid waste from your body.



The test can find small lumps called polyps inside your bowel.

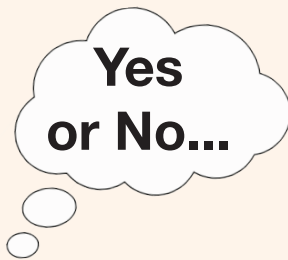
These polyps can grow and become cancer.

If we find and remove lumps (polyps) early you are less likely to get bowel cancer.



You can talk to someone you feel comfortable with to help you think about the test.

You can talk to a nurse, carer, support worker or your GP.



You can choose if you want to have the test or not.



You can change your mind up until age 60.

If you change your mind, call the freephone number **0800 707 60 60** to book a new appointment.

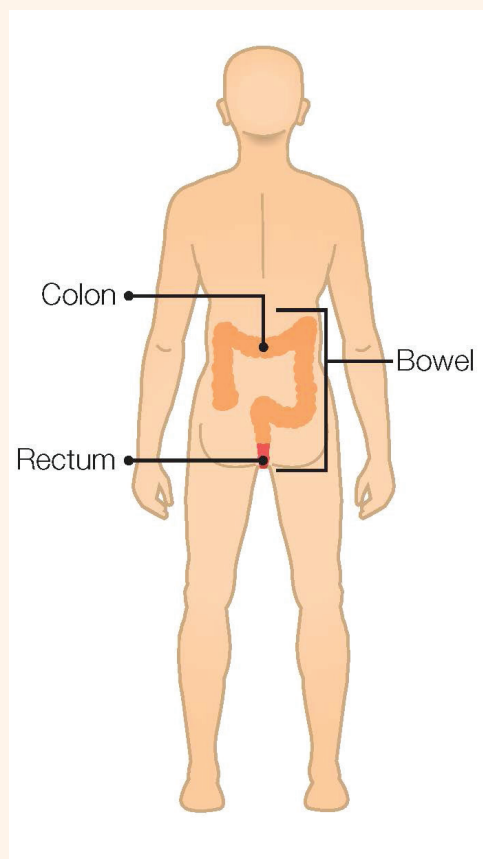
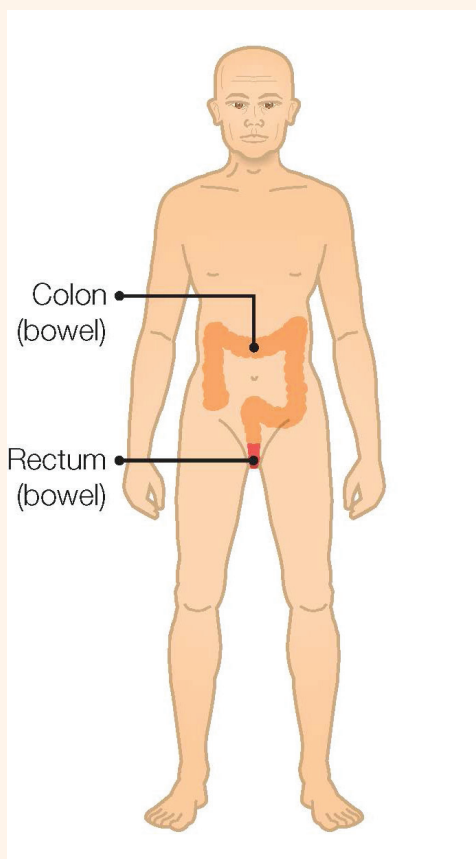


Bowel cancer



Cancer is a very serious illness that you can die from.

Bowel cancer is the fourth most common cancer.



Bowel cancer is a disease that some people get in their bowel.

It is also called colorectal cancer.



Getting your invitation

You will receive an invitation (letter) to take part in bowel scope screening.



It may help to read this letter with a carer or someone who knows you well.

Call the freephone helpline **0800 707 60 60** if you have a disability or need extra support.

You will receive a second letter within 2 weeks.



It will tell you the time, date and name of the hospital you will need to attend.

Write the time and date in your calendar.

At the bottom of the letter is a form.

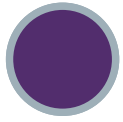


You need to complete the form to say if you want to take part in bowel scope screening

You can ask someone to help you with this.



Put the form into the envelope and post it.



Before the test



We will send you a letter and bag of liquid 2 weeks before your appointment.



The bag of liquid is called an enema.

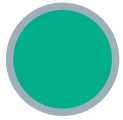
The liquid is used to clear poo out of your bowel so that the nurse or doctor can see inside your bowel.



You need to use the enema on the day of your test.

You can complete the enema at home.

If you need help you or your carer can arrange to have the enema at the NHS bowel cancer screening centre.



On the day of the test



Make sure you attend the NHS bowel cancer screening centre on the right day and time.

It might help to bring a friend or a carer.



The receptionist will give you a health questionnaire form to fill in. You will need to know what medication you are on.

Your friend, carer or nurse can help you complete the form.



A nurse will call your name.

The nurse will stay with you during your appointment.

They will take you to a room to talk to you.



The nurse will explain what will happen, answer any questions and listen to any concerns.



The nurse may check your blood pressure.



The nurse may put a small machine on your finger.

This will measure the oxygen in your blood.

It will not hurt.



The nurse will put a wristband on you. This will have your name and date of birth on it.



The nurse will take you to a changing room.

They will ask you to put on a hospital gown.

You will need to take off your pants and trousers or skirt.

If you have asked for help with the enema then the nurse will explain the process to you and help you do the enema.



The nurse will take you to the test room.

This is where the bowel scope screening test will happen.

There will be other other nurses or doctors in the room.



You will be asked to lie on your left side.

The nurse will move your gown so the doctor can see your bottom.

Nobody else will see your bottom.



Bowel scope screening uses a thin, bendy tube with a small camera on the end.

It can show the doctor the inside of your bowel.



The doctor will place this tube into your bottom.

This will not hurt but it may feel uncomfortable.



The doctor will gently pump some air inside your bottom.

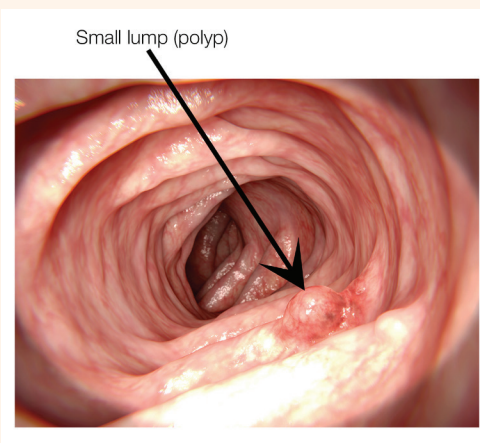
This helps the nurse or doctor to see inside your bowel.

You may feel that you need to pass wind (fart).



The doctor will see the inside of your bowel on a computer screen.

You can also see the screen if you want.



If they find any small lumps (polyps), they will usually remove them during the test.

This does not usually hurt.



When the test is finished the doctor will remove the tube from your bottom.

The doctor will talk to you about your results.



The nurse will walk you back to the changing room.

You can now put your clothes back on.



It is normal to feel bloated or full after the test.

Sometimes there is bleeding from the bottom after the test. This does not happen very often.

If you are worried about anything you should speak your carer or nurse.



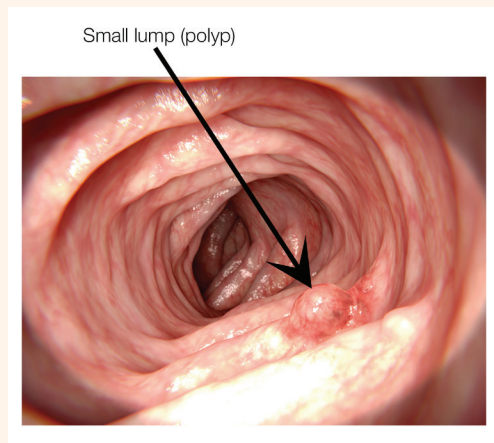
Test results



After the test you will be given a letter. This will show your results.

Most people will have a normal result.

You can ask the nurse any questions.



Some people will have small lumps (polyps).

The nurse or doctor will tell you if they have removed any small lumps (polyps).

If you have a lot of these then you may need another appointment.



There is a small chance that the nurse or doctor will find bowel cancer.

If they find bowel cancer they will arrange for you to see a special doctor as soon as possible.



How to stay healthy



To reduce your chances of getting bowel cancer:

- avoid processed meat (for example, meat with added salt) and limit red meat



- eat plenty of fibre, such as vegetables and wholegrain food



- be a healthy weight



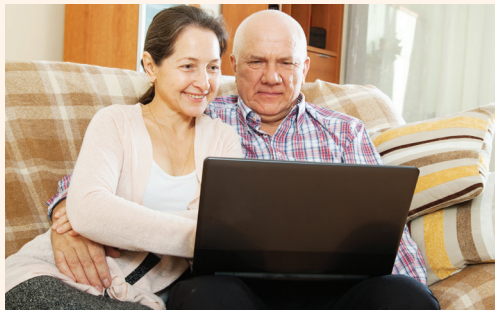
More information



You can call the freephone number:
0800 707 60 60.



You can talk to your GP.



You can visit NHS Choices at:

www.nhs.uk/bowel

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