

Have you received this test kit in the post?

If so, please **take the test** as it may save your life



**Bowel screening
FIT home kit**

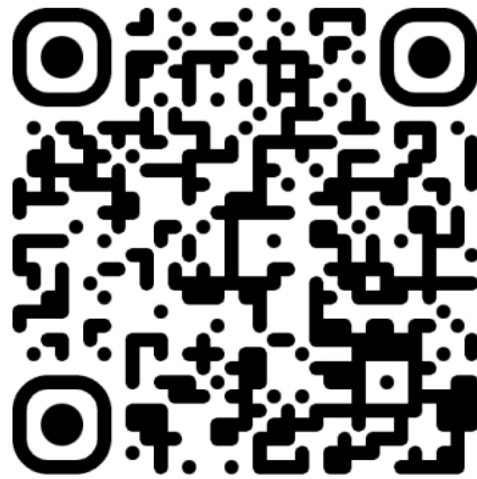
- If you're aged 54 to 74, you'll automatically get a bowel screening home test kit through the post every 2 years.
- If you're aged 75 or over, you can ask for a home test kit every 2 years by calling the helpline on 0800 707 6060

Or **click here** for more information

Know the Signs, Reduce Your Risk

Bowel cancer is one of the most common cancers, but early detection makes a big difference.

Scan the QR code for more information.



What to Look Out For:

- Changes in bowel habits, such as diarrhoea or constipation
- Blood in stool
- Unexplained weight loss
- Persistent abdominal pain or discomfort
- Feeling like you haven't fully emptied your bowels

Screen Early. Know the Signs. Protect Your Health.