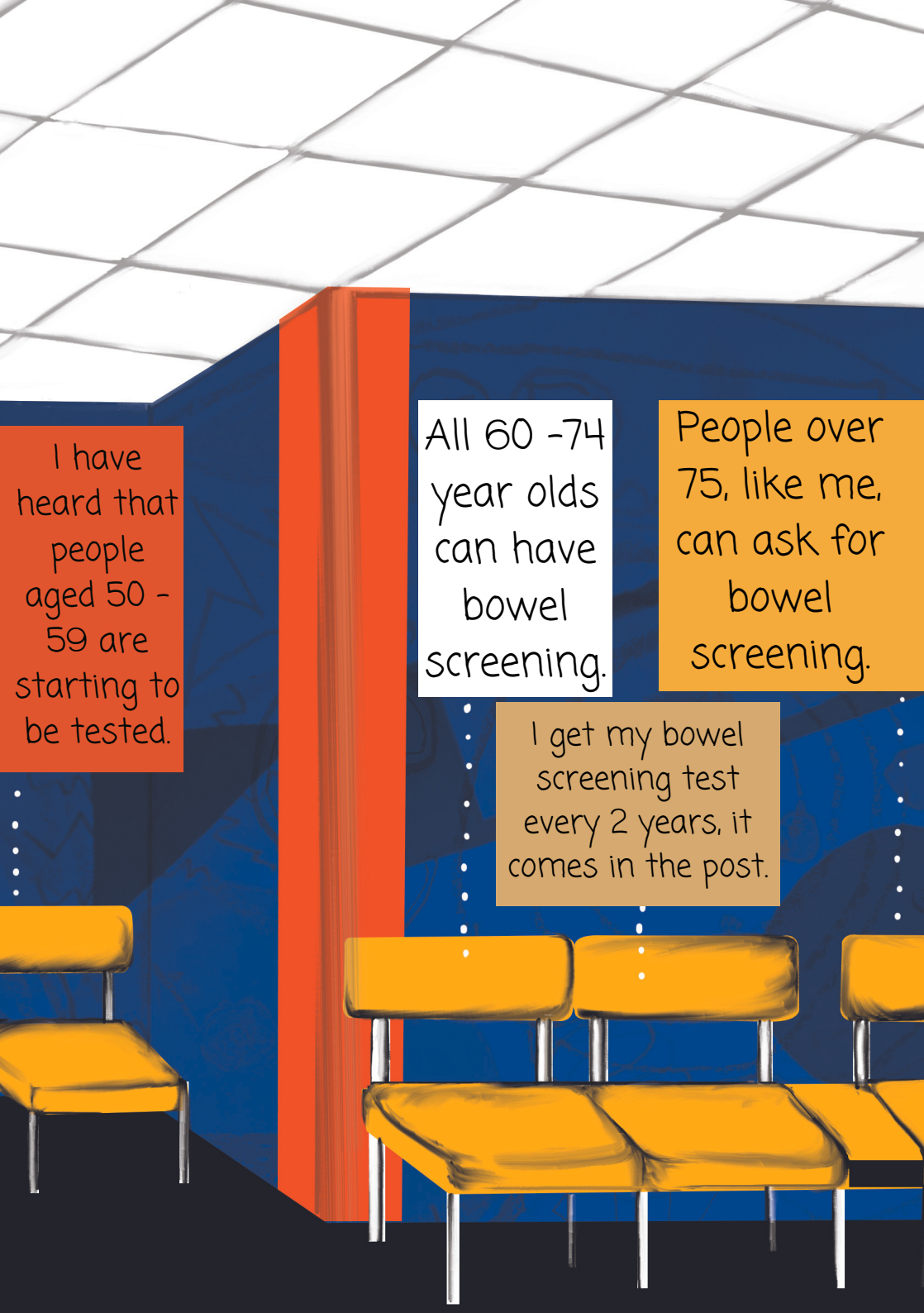


I don't always check my poo.

I'm embarrassed doing this.

I hope they don't ask about my bowel screening.





I have heard that people aged 50 - 59 are starting to be tested.

All 60 -74 year olds can have bowel screening.

People over 75, like me, can ask for bowel screening.

I get my bowel screening test every 2 years, it comes in the post.

# Tell me about bowel screening

- Screening can help prevent bowel cancer, or find it at an early stage when it is easier to treat.
- Bowel cancer screening is done at home. You get sent a home test kit to collect a small sample of poo and send it to a lab.
- The test checks for tiny amounts of blood, which you may not be able to see.
- If the test finds anything abnormal, you may be asked to go to hospital to have further tests to confirm or rule out cancer.
- It is simple and easy to do.



I've been putting  
off my screening...  
I'm embarrassed  
and nervous.

I felt that too, it  
isn't as bad as  
you think...

## **If you're worried about your screening, here's some things which may help...**

- Ask someone you trust to help you if needed.
- Pick a day to do the screening to help you remember.
- Don't be afraid to ask your healthcare worker questions, such as your GP.
- If needed you could get in touch with [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk) or call your local screening service 0800 707 6060.



I did it!

I'll wait for my  
results in the  
post.

That didn't  
take too  
long to do.

I'm glad I  
got it  
done.

For more information



This mini zine was coproduced by people with lived experience and living with mental health in Sheffield

SHEFFIELD  
FLOURISH

S  
A  
C  
M  
H  
A



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