

NHS Bowel Cancer Screening Programme

West London Screening Centre
Charing Cross Hospital



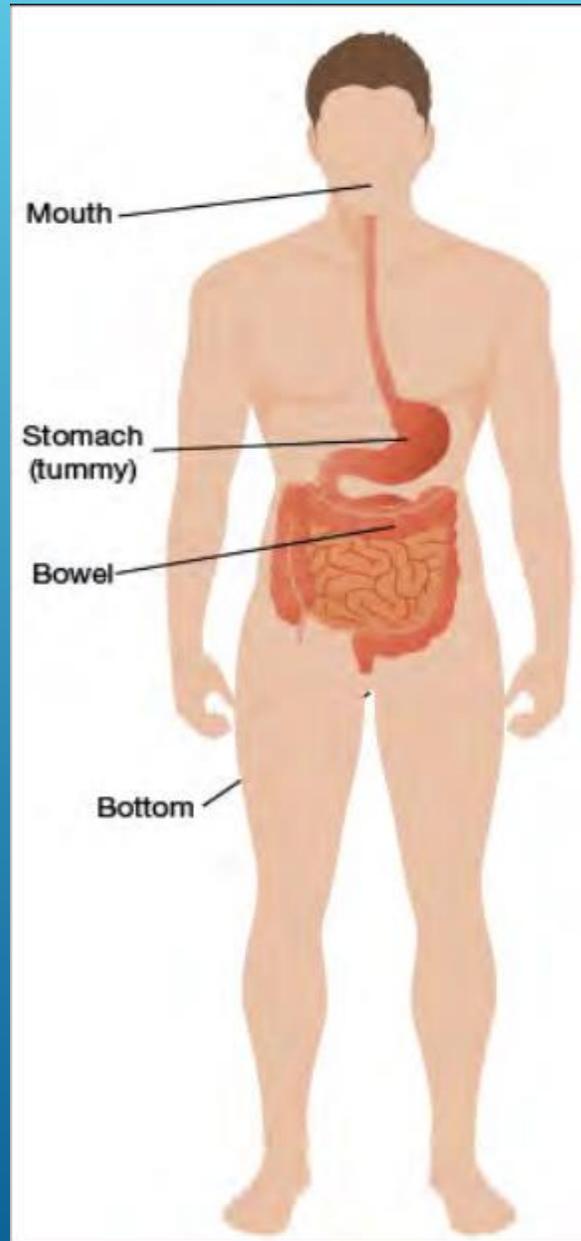
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What does my Bowel do?



Your bowel is inside your body.

It connects your stomach (tummy) to your bottom.

The bowel takes away waste your body does not need.

This is called poo.

Bowel Cancer Statistics:

**Bowel cancer is the
fourth most common
cancer in the UK**

4th

**Bowel cancer is the
2nd most common
cause of cancer
death in England after
lung cancer**

Early Detection and why Cancer Screening is so important



Bowel cancer is also called colorectal cancer. It affects the large bowel, which is made up of the colon and rectum.



Diagnosing cancer early **saves lives** with a patient's 5-year survival improving the earlier their cancer is diagnosed.



Screening tests **can help find cancer at an early stage, before symptoms appear.**

By the time symptoms appear, the cancer may have grown and spread. This can make the cancer harder to treat or cure.



Screening can find non-cancerous polyps that may develop into cancer – Virtually all bowel cancers start from a **Polyp.**

What is a Polyp



What is a polyp? A polyp is a fleshy growth on the inside of the bowel. Some people may develop just a single polyp, while others can have two or more at a time.

Polyps are benign - a growth that is not cancerous but they are important because some of them eventually become cancerous.

Most doctors think that all bowel cancers develop from polyps.



Cancer Screening



Cancer screening is a test that looks for early signs of cancer in people without symptoms



Helps people to get early treatment and a higher chance of survival



Free service provided by the NHS



Regular bowel screening can reduce the risk of bowel cancer death by 25%

Screening Test



To catch the poo, use toilet paper



A clean container



Write the date on the label of your kit



Take kit to the bathroom



Put the toilet tissue into the container to catch your poo before it goes into the toilet water



Open the kit and wipe the stick through the poo

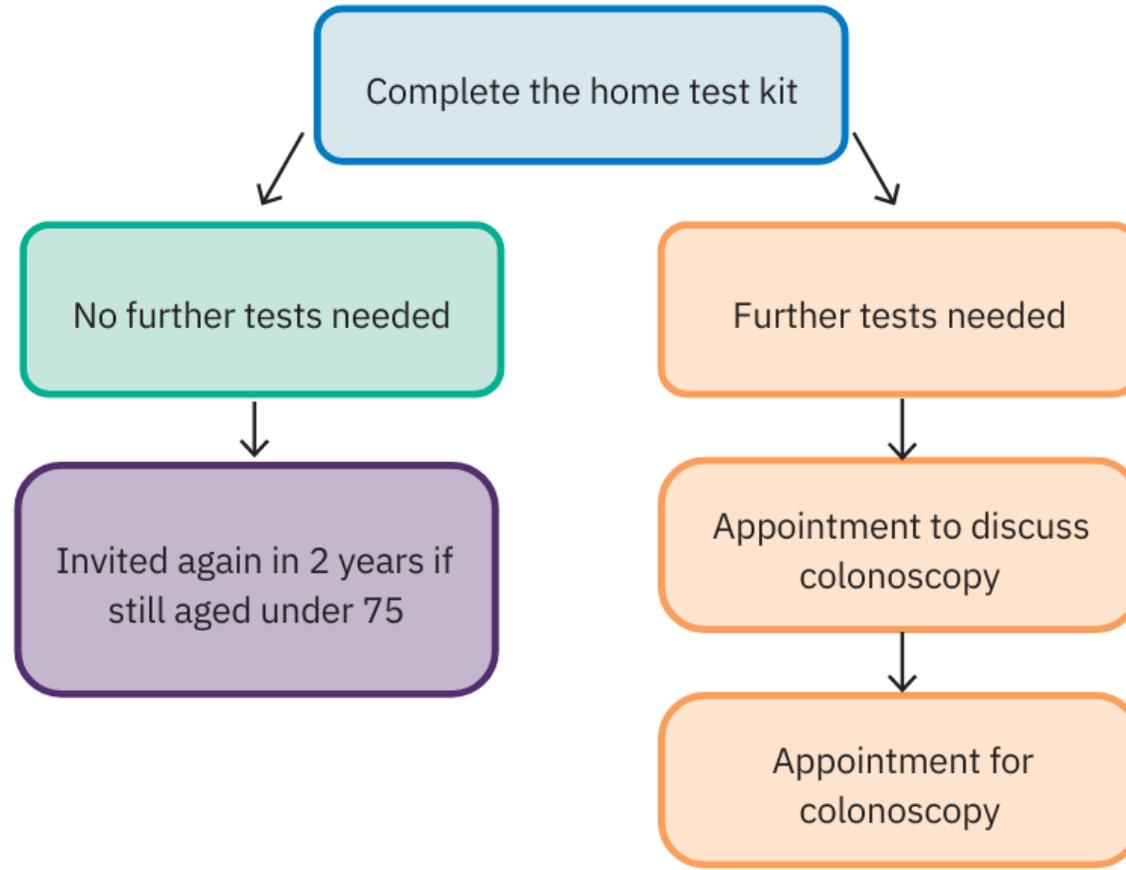


Put the stick back into the kit, close the lid



Throw the poo into the toilet and wash your hands

How the screening programme works



Who is screened?



Men and Women

50 – 74

Ages 50- 74



Registered with a G.P

2 Years

Screened every 2 years

People aged over 50 years
can request a kit by calling

Free phone helpline:

0800 707 60 60

Signs & Symptoms



Bleeding from your bottom
and/or blood in your poo



A persistent and unexplained
change in bowel habit



Unexplained weight loss



Extreme tiredness for
no obvious reason



A pain or lump in your tummy

These symptoms don't necessarily mean that you have bowel cancer. But if you have any of these symptoms for 3 weeks or more, your GP wants to know!

Making the Bowel Cancer Screening Program for Everyone



Some food which is not good, if you have too much of it



• ham



• bacon



• burgers



• sausages



• beef



• pork



• lamb



Drinking a lot of alcohol is bad for your bowel.



Smoking is bad for your bowel.

Keeping your bowel healthy



Eat 5 pieces of fruit and vegetables every day.

Eat food high in fibre. This includes:



- brown bread



- brown rice



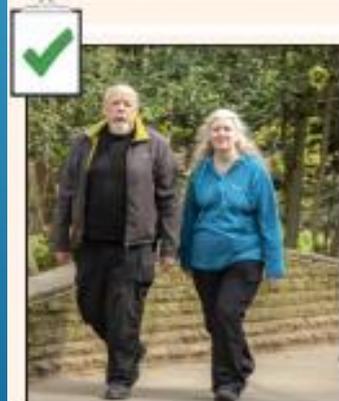
- porridge



Drink 6 to 8 glasses of water every day.



Be a healthy weight.



Do more exercise.



Worry, Scared



Disability



Negative influence



Don't understand

Barriers to Bowel Screening



Language barrier



Time



Cultural barriers



Fear of treatment

Resources

Beyond Words
An Easy Guide to
Bowel Cancer Screening
Illustrated by Catherine Brighton
and Lucy Bergonzi

NHS
Cancer Screening Programmes
An Easy Guide to
Having a Colonoscopy

A leaflet by and for men and women with learning disabilities

NHS
Bowel cancer screening
An easy read guide

An easy read about the NHS bowel cancer screening test

You can call the freephone helpline for advice on 0800 707 60 60

Doing the screening test 6

The test looks for tiny amounts of blood in your poo.
You can do the test on your own or you can ask someone to help you.
To do the screening test, you need to collect a small amount of your poo.

To catch your poo you can use:

- toilet paper
- a clean empty container

NHS
Public Health England
Information for trans people
NHS Screening Programmes

Public Health England and the NHS Screening Programmes

NHS
NHS Bowel Cancer Screening
Helping you decide

Public Health England (PHE) created this health consultation for the NHS

Keeping your bowel healthy 11

Having a healthy bowel can help stop cancer.

Eat 5 pieces of fruit and vegetables every day.

Eat food high in fibre. This includes:

- brown bread
- brown rice
- porridge

When you should go to your doctor 15

You should go to your doctor if:

- you see blood in your poo
- your poo is runny for at least 3 weeks and this is not normal for you
- you stop having a poo and this is not normal for you
- you start to get very bad tummy pains
- you can feel lumps in your tummy
- you lose weight quickly without trying to
- you feel tired all the time and this is not normal for you

Instructions on how to use your test kit NHS

- Write the date on the sample bottle in biro
- Twist cap to open the sample bottle
Collect sample by scraping the stick along the poo until all grooves are covered
We only need a little poo to test - please do not add extra!
- Put the stick back in the bottle and 'click' the cap to close it
Do not reopen the bottle after use
Please wash your hands after use
- Make sure you have written the date on the sample bottle
Put the sample bottle in the return envelope supplied
Peel off the tape, seal the envelope and post.

Please post as soon as possible

Resources and Support for Patients

Video and interactive resources:

- [Using bowel screening kit with subtitles in multiple languages video | PHE screening](#)
- [NHS Bowel Screening video](#)
- [How to do the FIT bowel cancer screening test | CRUK](#)
- [Bowel Cancer Screening for people with learning disabilities – Barnet Mencap](#)

Printable resources and guides:

- [Resources - Healthy London Partnership](#)
- [Bowel Screening information leaflets | Gov UK](#)
- [Easy Guide to Bowel Screening | Gov UK](#)
- [Bowel cancer screening | NHS UK](#)
- [Screening information for transgender patients | NHS UK](#)
- [How to do a FIT bowel cancer screening kit| cancer research UK| <https://www.youtube.com/watch?v=il6VSceMWfM>](#)

Bowel cancer screening
info leaflets collection

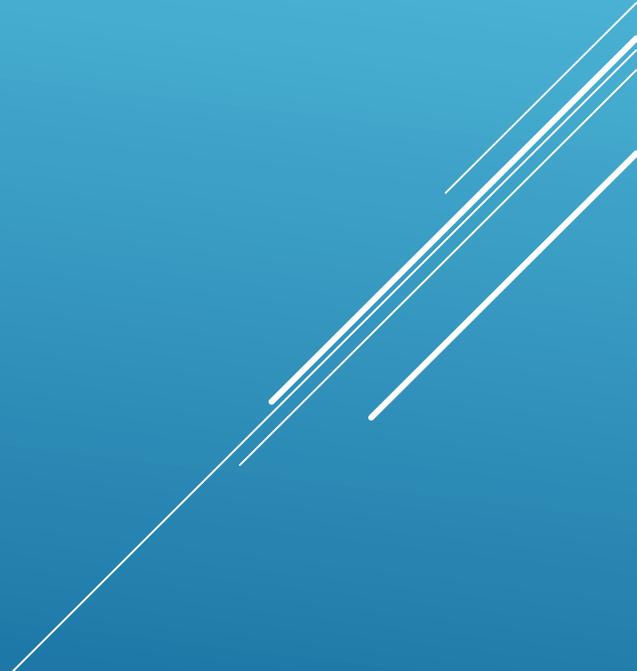


Bowel cancer screening:
helping you decide



*THANK YOU FOR
LISTENING!*

ANY QUESTIONS?

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