

Bowel Cancer Symptoms:

- A change in your normal bowel habit lasting 4-6 weeks or more.
- Bleeding from the bottom and/or blood in your faeces (poo).
- Extreme, unexplained tiredness.
- A pain and/or lump in your abdomen.

Remember...

Most people with these symptoms do not have bowel cancer, but your GP will want to examine you and may carry out further tests to rule it out.

Family history

If one first degree relative (parent, brother or sister) was diagnosed with bowel cancer before the age of 45, or two first degree relatives at any age, there is a possibility the condition is hereditary. Those with such family history are encouraged to discuss this further with their GP.

Don't overlook symptoms

Seek further advice, especially if your bowel symptoms persist. The earlier that cancer is detected, the more effectively it can be treated.

If you have any questions about the Isle of Man Bowel Screening Programme, contact:

UK NHS Helpline and Support

Freephone: 0800 707 6060

Option 1: Midlands and North West Hub

Opening hours

Monday to Friday 09.30 to 17.30

Saturday 08.30 to 12.30

Note: Please advise the Operator that you are part of the Isle of Man Bowel Screening Programme to ensure that you are connected to the correct Screening Hub.

You can also ring this contact number if you wish to unsubscribe from the Programme.

Alternatively, local advice and support can be sourced from:

**Macmillan Cancer Information Centre,
Noble's Hospital, Strang, Douglas, IM4 4RJ**

Tel: (01624) 650735

**Macmillan Colorectal / Stoma Care
Specialist Nurse**

Tel: (01624) 650212

Note: This phone number is covered by an answerphone; please leave a message and you will be contacted when the Specialist Nurse is available.

Find out how the Isle of Man Department of Health and Social Care uses and protects your screening information at:

www.gov.im/DHSC-Privacy

To opt-out of this screening programme please contact: Freephone 0800 707 6060.

Further information on this screening programme can be viewed at:

www.gov.im/screening

The information in this document can be provided in large print or on audio tape on request.

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**Isle of Man
Government**
Reillys Eilan Vannin

Department of Health and Social Care
Public Health Directorate
Cronk Coar, Noble's Hospital, Strang, Douglas,
Isle of Man, IM4 4RJ.

Telephone: 01624 642639
Email: publichealth.dhsc@gov.im

www.gov.im/screening

REF: CAN5e 0218



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Reillys Eilan Vannin

HEALTH PROTECTION
● Public Health Directorate

Bowel Cancer Screening Programme

HEALTH PROTECTION



What is the purpose of Bowel Screening?

Bowel Screening aims to detect bowel cancer at an early stage, before people are experiencing any symptoms, when treatment is more effective.

- Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over 60.
- Bowel screening is the most effective way to find bowel cancer early, when it can often be cured.
- The bowel screening test can spot hidden blood in your bowel motion (poo) - that you or your GP wouldn't know is there - which can often be a sign of bowel cancer.
- It only takes a few days to complete the test in the privacy of your own home and it could save your life.
- Making a decision to do the bowel screening is a personal choice. So this leaflet aims to answer any questions that you might have, to help you decide.

Isle of Man Bowel Screening Programme

Q. Who is included in the Bowel Screening Programme?

- A. If you are **aged 60-75** (male or female), currently registered with a GP Practice and your address details are up-to-date, then you will automatically be offered free screening every two years.

If you are aged **over 75** (male or female), you can request a free screening kit by calling **Freephone 0800 707 6060**. Screening is not currently offered to people aged **under 60** (male or female). If you are aged **under 60** and have any concerns, you should discuss this with your GP or Practice Nurse.

Q. How does the Bowel Screening Programme work?

- A. Residents will receive an invitation letter to participate in the Bowel Screening Programme from the UK NHS, Midlands & North West, Bowel Screening Office - based in Rugby. This Office has been appointed by the Isle of Man DHSC to manage this Programme on our behalf.

Around eight days later, a test kit will be posted to you and will enclose the following items:

- a leaflet explaining how to complete the test
- a test card to collect your samples
- some card applicators to help apply your samples to the test card
- a prepaid reply envelope

Q. How long do I have to complete and return the test kit?

- A. You will have 12 weeks to return your test kit. Your kit will last for several months unopened, but must be completed and received for testing within 14 days of the first sample being taken.

Q. What happens if I do not return my test kit within the 12-week period?

- A. If you choose not to participate in the Screening Programme on this occasion, a repeat invitation will be sent to you in two years' time if you are still in the eligible age range.

Q. What happens if I have mislaid my test kit or have thrown it in the bin?

- A. If you still wish to undertake a test, please contact the NHS Screening Programme to request a replacement test kit by calling: **Freephone 0800 707 6060**.

Q. Who is informed about my results?

- A. The NHS Bowel Screening Office will notify all patients and their registered GP of all test results.

If you have any concerns about your results, please contact your GP, Practice Nurse or seek local help and advice.

Q. I have already undergone recent screening; do I still need to take a test?

- A. You should follow the advice of the team who cared for you. Generally it is advised that people undertake screening every two years.

If screening took place within the last two years please contact the National Screening Office on the **Freephone 0800 707 6060**.

Q. I have recently received treatment for Bowel Cancer and am in remission; do I still need to take a test?

- A. You should follow the advice of the team who cared for you during your treatment. Generally it is advised that people undertake screening every two years.

If screening took place within the last two years please contact the National Screening Office on **Freephone 0800 707 6060** and ask for advice.

Q. Why should I take part in the Bowel Screening Programme?

- A. Regular screening has been shown to reduce the risk of dying from bowel cancer.
- It will also ensure that any signs of bowel cancer are picked up at the earliest possible stage.
 - It can also detect bleeding polyps, which are not cancerous, but may develop into cancer in the future. The polyps can be removed, reducing the risk of bowel cancer developing.

Q. I am of screening age and have had symptoms for 4-6 weeks; should I wait until I receive a test kit?

- A. No; if you have significant persistent symptoms, you should contact your GP.