

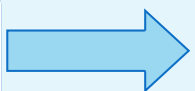
# NHS Bowel Cancer Screening Programme: The essentials

- Bowel cancer is a common cancer in people aged 60 and over
- The Faecal Occult Blood (FOB) test can spot signs of bowel cancer early
- The FOB test is for men and women, even if they do not have bowel problems
- Doing the FOB test lowers the risk of dying from bowel cancer
- Everyone aged 60-69 is sent the FOB test to do at home every 2 years

DEVELOPED BY UNIVERSITY COLLEGE LONDON WITH  
FUNDING FROM THE NATIONAL INSTITUTE FOR HEALTH  
RESEARCH

  
*National Institute for  
Health Research*

If you would like to know more about  
the FOB test, see inside for details



## How does the FOB test work?

- The FOB test checks for tiny amounts of blood in stools (poo) that cannot be seen by the eye
- Blood in stools can be a sign of bowel cancer
- An FOB test kit with simple instructions is sent to your home
- The FOB test is easy to do
- You do the FOB test at home by putting small amounts of stool onto a test kit
- You can send the test kit back to the laboratory in a special freepost envelope

## What happens after you've done the FOB test?

- Everyone gets their FOB test result through the post within two weeks
- Most people (98 out of 100) get a normal result
- People with a normal result will be sent another FOB test every 2 years up to age 69

- A small number of people (2 out of 100) get an abnormal result
- People with an abnormal result are offered an appointment at a screening centre to talk about further testing
- For most people, the follow up test will show there is no bowel cancer

## How accurate is the FOB test?

- Doing the FOB test lowers the risk of dying from bowel cancer
- Like all screening tests, the FOB test is not 100% accurate
- Bowel cancer can be missed if there is no bleeding at the time the FOB test is done

For more information see the enclosed leaflet: *'Bowel Cancer Screening: The Facts'*

