## What is bowel cancer?

Bowel cancer can grow with no symptoms, even if you feel well and eat right.

The bowel is made up of cells that replace themselves naturally. But sometimes cells grow abnormally and form small lumps that can turn into cancer over time.

As these lumps grow they can release tiny amounts of blood which the screening test can detect. Finding these signs early can prevent bowel cancer.

## What is the National Bowel Cancer Screening Program?

This free program is run by the Australian Government. Since 2006, it has helped mob across the country to prevent bowel cancer and find early signs, before symptoms show.

Everyone aged 45-74 can do the free home test every 2 years.

## Why get screened?

If found early, over 90% of bowel cancer cases can be treated successfully. It's a simple step that helps keep you strong - for you, your family, and your community. It could save your life.

## When will I get my result?

After screening, you will receive a letter in about 4 weeks.

## What happens if the result is positive?

A positive result doesn't mean you have cancer, it just means blood was found in your sample and more checks are needed.

Your Aboriginal or Torres Strait Islander Health Worker or doctor might recommend a colonoscopy to look more closely.

If anything is found, it can often be removed early, quickly and safely. Finding it early can save your life.

# ABOUT THE TEST KIT



**NATIONAL BOWEL CANCER SCREENING PROGRAM**
Australian Government

**Free Home Test Kit**

4 easy steps that could help save your life.

scan for more info

health.gov.au/nbcsp

PATHOLOGY SERVICES
SONIC HEALTHCARE

## What's in the test kit?

The kit includes everything you need to collect 2 small poo samples at home:

✓ Sample tubes
✓ Instructions
✓ Ziplock bag
✓ Pre-paid envelope to return your samples

## How do I do the test?

1. Collect 2 tiny samples from 2 different poos. (Ideally within 3 days of each other).
2. Store samples somewhere cool, like your fridge. (Not the freezer).
3. Post both samples within 24 hours of collecting the second one, or as soon as possible. (Postage is free).

## What if I don't have a fridge?

- Use an esky to keep your samples cool.
- Yarn with your Aboriginal or Torres Strait Islander Health Worker or doctor - they can keep your samples cool.

# GETTING YOUR KIT

If you're **aged 45–49**, you can ask for your first free kit.

If you're **aged 50–74**, you will be mailed a free kit every 2 years.

If you're **aged 45–74**, you can also yarn with your Aboriginal or Torres Strait Islander Health Worker or doctor, or call **1800 627 701** to get a kit.

## ORDER A FREE KIT

Overdue for screening, need a replacement kit, or aged 45-49? Scan the QR code to request a kit today.



## Got questions?

Yarn with your local Aboriginal and Torres Strait Islander Health Worker, doctor, or clinic staff.

They can help with completing the test, understanding your result, or finding culturally safe support.

## Need language support?

Call **131 450** for the Translating and Interpreting Service.

# STAY STRONG, STAY CONNECTED, STAY SCREENED.

**Bowel cancer screening is a private, easy way to take control of your health. Everyone aged 45–74 can do the free home test.**

If you're **aged 45–49**, request your first free kit at **www.ncsr.gov.au/boweltest**

If you're **aged 50–74**, you'll automatically be sent a kit every 2 years.

If your kit is lost or expired, you can reorder a free kit at **www.ncsr.gov.au/boweltest**

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# ORDER A FREE KIT

Overdue for screening, need a replacement kit, or aged 45-49? Scan the QR code to request a kit today.

# NEED HELP OR HAVE QUESTIONS?

Visit **www.health.gov.au/nbcsp**

Yarn to your Aboriginal or Torres Strait Islander Health Worker, local clinic, or call:

• National Cancer Screening Register: **1800 627 701**

• Test Kit Helpline: **1800 930 998**

• Translating and Interpreting Service: **131 450**

**Doing the test is free.
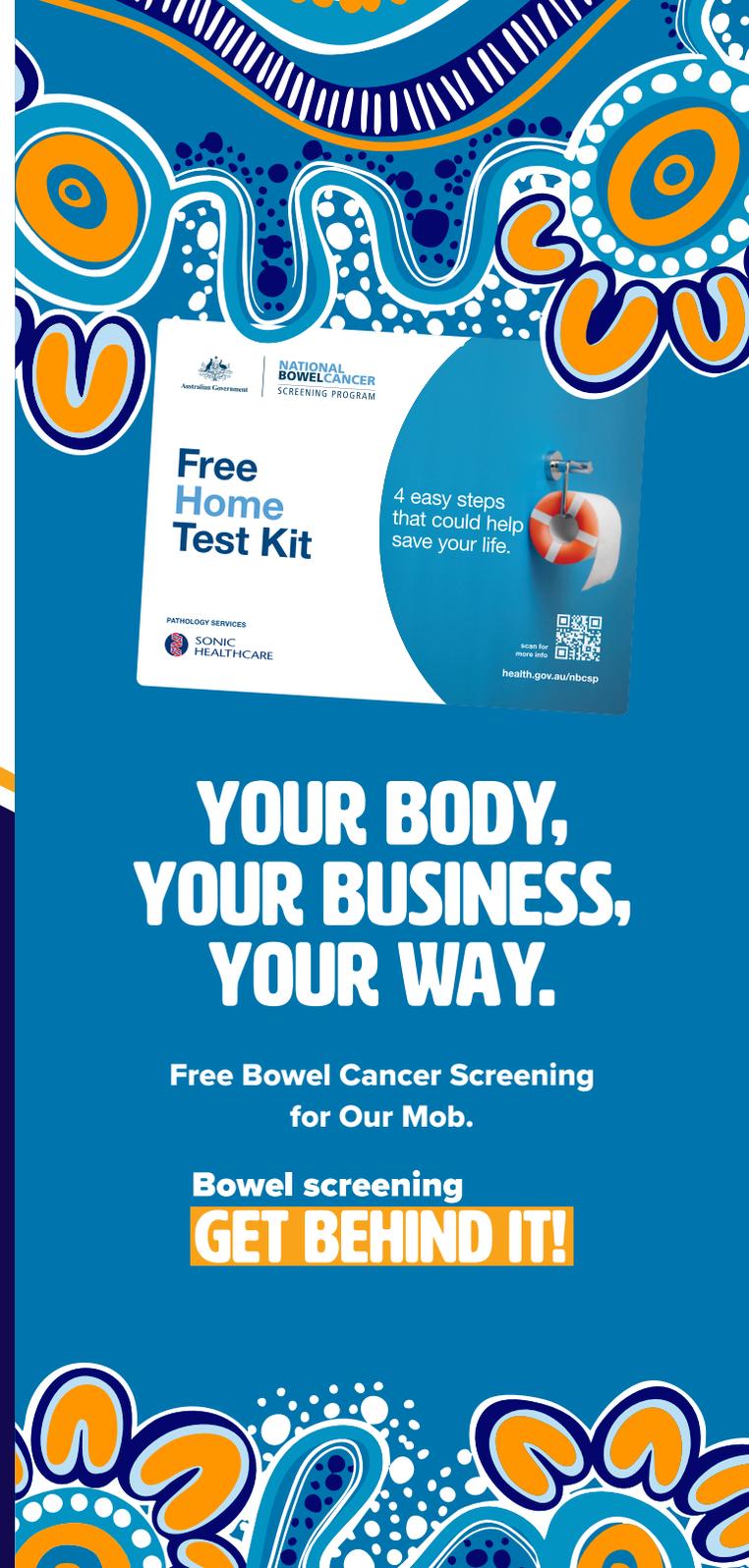And it could save your life.**

 @getbehinditroadshow
 Get Behind It Community Roadshow

**Bowel screening**
**GET BEHIND IT!**

**NATIONAL BOWELCANCER**
SCREENING PROGRAM
Supported by the Australian Government

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**Australian Government**

**NATIONAL BOWELCANCER**
SCREENING PROGRAM

## Free Home Test Kit

PATHOLOGY SERVICES
**SONIC HEALTHCARE**

4 easy steps that could help save your life.

scan for more info

health.gov.au/nbcsp

# YOUR BODY, YOUR BUSINESS, YOUR WAY.

**Free Bowel Cancer Screening for Our Mob.**

**Bowel screening**
**GET BEHIND IT!**