



BowelScreen

An Clár Náisiúnta Scagthástála Putóige
The National Bowel Screening Programme

Make time for your bowel health

While it's great to get good news after your bowel screening test, changes in your bowel can happen at any stage, so it's important that you stay aware of your bowel health.

BowelScreen will contact you again in two years to offer you another BowelScreen home test kit, if you are still aged between 60 and 69.

How can I reduce my risk of developing bowel cancer?

- Be more physically active
- Eat a diet with plenty of dietary fibre such as fruit, vegetables and wholegrain bread, brown rice and cereals
- Reduce intake of processed and red meat
- Keep a healthy weight
- Limit the amount of alcohol you take
- Take part in the BowelScreen programme

What are some of the symptoms of bowel cancer?

Some of the most common symptoms of bowel cancer are:

- a change in your bowel habits such as going to the toilet more often or diarrhoea that lasts for a number of weeks;
- bleeding from the back passage (also known as the rectum) for no obvious reason;
- pain in your abdomen (tummy);
- a lump in your tummy;
- loss of weight when you're not trying to lose weight.

A number of conditions can cause these symptoms. If you have one or more of these symptoms, or you are worried about your bowel health you should see your GP (family doctor) immediately.

For more information:

Freephone 1800 45 45 55
www.bowelscreen.ie