



Bowel Screening

Check Yourself Out

All Clear

An explanation of your
test result

National Bowel Screening
Programme

» Your bowel screening test result is negative.

This means that you **do not** need any further investigation at this time.

You will be invited for screening through the National Bowel Screening Programme every two years if you are still eligible and aged between 60 and 74 years.

» How accurate is my result?

Because bowel cancers do not bleed all the time there is a risk that a cancer may be missed if it was not bleeding when your test was done.

Bowel cancer may also start to slowly develop between screening tests.

That's why doctors recommend you repeat the screening test every two years, if you are still eligible.



If you develop any symptoms of bowel cancer, it is important you talk to your doctor.

» What are the symptoms of bowel cancer?

Common symptoms of bowel cancer may include:

- *a change to your normal pattern of going to the toilet that continues for several weeks*
- *blood in your bowel motion*

Although these symptoms are usually caused by other conditions, **it's important to get them checked by your doctor.** Talk to your doctor now if you have any bowel symptoms that concern you.

>> Who is at most risk of bowel cancer?

Bowel cancer is more common in those over the age of 60, and is more common in men than in women.

You can reduce your risk of developing bowel cancer by:

- having a healthy diet high in fruit, vegetables and fibre
- regular exercise
- not smoking

People who have had extensive inflammatory bowel disease, or have a family history of bowel cancer, may have a higher risk of developing bowel cancer.

If you are concerned about your family history of bowel cancer or your risk of developing bowel cancer, please talk to your doctor.

>> Why is regular bowel screening important?

Bowel screening every two years can help save lives by finding bowel cancer at an early stage, when it can often be successfully treated. There may be no warning signs that you have bowel cancer.

Bowel screening can also detect polyps. These are not cancer, but they may develop into a cancer over a number of years. Most polyps can be easily removed, reducing the risk that bowel cancer will develop.

>> If I am not satisfied with the service I received, how do I make a complaint?

The Code of Health and Disability Services Consumers' Rights allows you to make a complaint in a way that is appropriate for you.

If you want to make a complaint about this programme or the service you have received, you can phone the National Bowel Screening Programme on **0800 924 432** for more information about the best options for you.

You can also get information from the Office of the Health and Disability Commissioner. Call **0800 112 233** or visit **www.hdc.org.nz**

For more information on the
National Bowel Screening Programme

please visit

www.bowelscreening.health.govt.nz

call the programme on

0800 924 432

or talk to your doctor



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New Zealand Government