

APPENDIX

Gist leaflet (trial 1)

ASC GIST/11/12

NHS Bowel Cancer Screening Programme: The Essentials

- Bowel cancer is the third most common cancer
- The FOB test can find hidden signs of bowel cancer early
- Doing the FOB test every 2 years lowers the risk of dying from bowel cancer
- Men and women aged 60-74 are sent the FOB test to do at home

Developed by University College London with funding from the National Institute for Health Research's programme grants for applied health research



Would you like to know more? See inside for details



How does the FOB test work?

- The FOB (Faecal Occult Blood) test checks for tiny amounts of blood in stools (poo) that might not be seen by the eye
- Blood in stools can be a sign of bowel cancer
- The FOB test kit 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 send the test kit back to the laboratory in a special freepost envelope

What happens after you've done the FOB test?

- You get your FOB result through the post within 2 weeks
- Most people (98 out of 100) get a normal result
- If you have a normal result you will be sent another FOB test every 2 years up to age 74

- A small number of people (2 out of 100) get an abnormal result
- If you get an abnormal result, you will get an appointment to talk about further testing
- For most people, the follow-up test will show there is no bowel cancer
- If bowel cancer is found, it is likely to be at an early stage when treatment is more successful

How accurate is the FOB test?

- Doing the FOB test every 2 years 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

Where can I get more information?

For more information see the enclosed leaflet:

'Bowel Cancer Screening: The Facts'

