**Find bowel cancer early**

Bowel cancer is the third most common cancer in Scotland. But, when it’s found early it can often be cured. In fact, you’re 14 times more likely to survive when it’s found at an early stage, compared to a late one.

However, the early signs of bowel cancer are often hidden- even your doctor can’t see them. So, the best way to find it is to do your home screening test.

Everyone between the ages of 50 and 74 are invited to take part in bowel screening every two years. It’s your choice whether to do it but, many do…

**Join Scotland’s bowel movement**

Every year, around half a million people in Scotland do their home screening test. It’s not the most pleasant of things to do but you’re not alone and it can be done in the privacy of your home.

Bowel cancer is more common in people aged over 50 so, do yours, it could save your life.

*Insert a line from a local person who has done their test (please consider local barriers and use the most appropriate i.e. Polish, BME):*

*“I wasn’t thrilled when my test came through – it looked tricky to do - but my wife pushed me on. In hindsight - it’s offered by the NHS, is free and could save your life. I won’t think twice next time it comes in. It gave me peace of mind at least.”*

*Robert Scott, 52 from Ayr*

Whether you do the test or not, know the common signs of bowel cancer. Visit getcheckedearly.org for more information or call the Helpline for a replacement home screening test on 0800 0121 833.

Don’t get scared, get screened.