

A black and white photograph of a middle-aged man with a mustache, wearing a cap and glasses. He is smiling slightly and looking towards the camera. He is wearing a plaid shirt and is holding a knife in his right hand. The background is blurred, suggesting an outdoor setting.

Have you done your bowel cancer screening test?

If you're 54 to 74, you'll receive an NHS bowel cancer screening kit every two years.

Returning your home kit reduces your chances of getting seriously ill from bowel cancer.

So if you receive a kit in the post, put it by the loo. Don't put it off.