

A black and white photograph of a woman with curly hair, smiling warmly. She is wearing a textured, knitted sweater and holding a white mug. The background is softly blurred, showing what appears to be a social gathering.

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.