

# BOWEL CANCER SCREENING

## YOUR HOW-TO GUIDE



"I did the test at home,  
and was really surprised how easy it was."

**Jean, 62**

"Screening saved my life, because the polyp I had was  
detected and removed before turning cancerous."

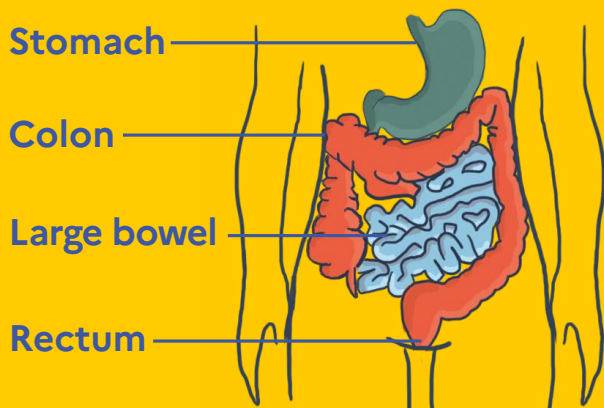
**Samia, 55**



Audio version  
available

# THE FACTS

## Where is the colon?



### ● What is bowel cancer?

Also known as colorectal cancer, bowel cancer **is the 2nd most deadly type of cancer in France**. It develops slowly inside the colon or the rectum, and usually starts with small lesions known as polyps.

It is one of the most common types of cancer, affecting 4 in every 100 men and 2 in every 100 women, generally over the age of 50.

That is why the screening test is offered to all those aged 50 to 74.

### ● What are the symptoms?

You should see your GP if you notice abdominal pain or a persistent change in your bowel habits, or if you spot blood in your stools.

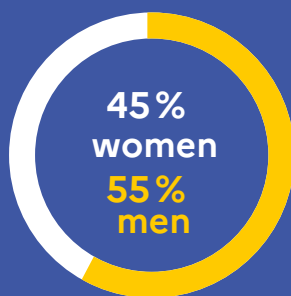
### ● Why is screening offered?

To identify polyps before they become cancerous.  
To detect cancer at the earliest possible stage, which increases the chances of treatment being effective.  
Bowel cancer can be cured 9 times out of 10 if it is detected early.

### ● How does screening work?

Certain polyps begin to bleed as they grow. Screening can identify traces of blood in your stools that are invisible to the naked eye.

Over  
**47,000**  
**NEW CASES**  
diagnosed each year



**2<sup>nd</sup>** most deadly type of cancer

Over  
**17,000** deaths each year

# THE STEPS YOU NEED TO TAKE

## 1 Go to the [monkit.depistage-colorectal.fr](http://monkit.depistage-colorectal.fr) website



and order the test using your France Connect account to log in.

## or Pick up a test from your GP or your chemist



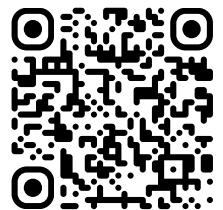
To collect your screening kit, simply show your letter to your chemist or make an appointment to see your GP.

Before handing over the test, your chemist or GP will ask you a few questions about your medical history and that of your family in order to establish whether or not you need to take the test.

## 2 Do the test at home



The test is quick, easy and reliable. It is done in the **privacy of your own home**. It is an extremely hygienic way of taking a sample of your stools.

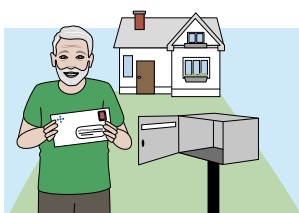


Scan this code to watch the video instructions, or go to [l.cancer.fr/videotestcolorectal](http://l.cancer.fr/videotestcolorectal) (available in French only)

## 3 Return your test free of charge



## 4 You will receive a text message with a link to access your results



If you didn't provide a mobile phone number, your results will be sent to your home address.

Your GP will also receive a copy of your results.

**In 96% of cases, no abnormalities are found.**

**In 4% of cases,** the test detects blood in the stools.

**That does not necessarily mean you have cancer.** Your GP will refer you to a gastroenterologist for a colonoscopy. **For over fifty percent of people, even though blood is present in the stools, the colonoscopy is clear.**

To find out more about having a colonoscopy, go to [cancer.fr](http://cancer.fr). (available in French only)

# A QUICK AND EASY TEST THAT COULD LITERALLY SAVE YOUR LIFE.

Over 2.5 million people are screened for bowel cancer each year in France. What about you?

## KEY POINTS



Reliable



The screening test and analyses are fully covered by France's national health insurance scheme



Done in the privacy of your own home



Quick and easy

Doing the test only takes a matter of minutes.

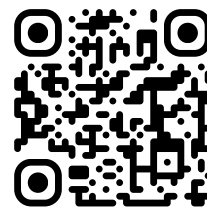


Recommended every 2 years for men and women aged 50 to 74 who have no symptoms and no family history of the disease

For more information,  
have a chat with your GP  
or chemist, or go to

[jefaismondepistage.fr](https://jefaismondepistage.fr)

(available in French only)



PROGRAMME NATIONAL  
**DE DÉPISTAGE**  
DU CANCER COLORECTAL