

A photograph of a middle-aged man with a mustache, wearing a grey baseball cap and glasses. He is wearing a green and white plaid short-sleeved shirt and blue trousers. He is sitting and holding a bright orange carrot in his right hand. The background is a blurred outdoor setting with wooden structures.

Have you done your bowel cancer screening test?

If you're 50 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.