

A woman with dark, curly hair is smiling warmly at the camera. She is wearing a red, textured knit sweater and holding a white mug with both hands. The background is softly blurred, showing what appears to be a social gathering with other people.

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.