

The background of the advertisement features an older man with white hair, wearing a light-colored, short-sleeved button-down shirt and light-colored trousers. He is sitting on a mossy rock in a grassy field, holding a black and white dog. The man is looking down at the dog with a gentle expression. A large teal text box is overlaid on the right side of the image, containing the main headline.

# 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.