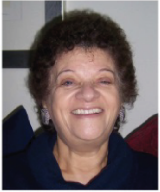


### Judith's FOB test result was 'normal'



Like most people, Judith got a 'normal' result from the FOB test. She admits that finding the time to do the FOB test was hard but, once she started, she realised how quick and easy it was to do.

Getting a clear result was very reassuring and now Judith can only see advantages to doing the test:

*"I cannot see what the disadvantages of doing the test would be, unless you get a an abnormal result. And then at least you are being seen to, so again it is a benefit."*

### Jean's FOB test result was 'abnormal'

When Jean got her FOB test, she was not sure about doing it. However, she spoke with her husband and decided she had to do it, not just for herself but for her family too:



*"Your health does not just affect you, it affects your family as well. I think that is why I decided 'I have got to do this'. So I did."*

Jean got an 'abnormal' result and was invited to have a follow-up test. Jean *"did not feel there was anything wrong"*, but a small cancer was found in her bowel.

The cancer was successfully treated with no chemotherapy needed. Jean strongly recommends that other people do the test too.

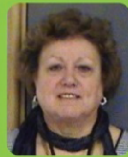
**With special thanks to all those who helped with the development of this leaflet and shared their experience of bowel cancer screening.**

Developed by University College London, 2012

## Thinking about taking part in the NHS Bowel Cancer Screening Programme?

**Here are some comments from people who have already taken part and wanted to share their experience**





The screening programme aims to find bowel cancer early, when it is more treatable

*"The earlier cancer is found the easier it is to treat and that means the less you have got to go through."* (Jan)

*"I think I would like to know if I have cancer. If they catch it early they can usually do something about it."* (Linda)

*"If they find something, and they find it early, it can be dealt with."* (Hyacinth)

The screening programme uses the home-based FOB test. Most people find the FOB test easy to use.

*"When I was doing the FOB test I thought 'it is so easy, just so easy'. I think the impression is the test is going to be more work than it is. It is going to be more complicated than it is."* (Judith)

*"The test is not as messy as you think, it is not as frightening as you think."* (Jan)

*"My first thoughts about the FOB test were that it was going to be messy, but it did not actually prove to be."* (Roger)

Most people (98 out of 100) will get a normal FOB test result

*"When I got my reply to say everything was clear I was delighted. It was such a relief."* (Cynthia)

*"I was expecting a good result so I was glad when I got it and thought well, that is it for another couple of years."* (Robert)

*"I got the letter to say everything was okay and I thought doing the test was worthwhile. One less thing to worry about."* (Judith)

A small number of people (2 out of 100) will get an 'abnormal' result and will be offered a follow-up test. Most abnormal test results are not caused by cancer.

*"I went and spoke to a very nice lady who went through my results with me and explained that even though people get a call back they don't often get a cancer result. I felt a lot calmer after the appointment. I had the follow-up test the following Monday. It wasn't a bad procedure. They found 2 polyps, which they removed, and they told me I would get the results in about 2 weeks. The results were fine and everything was okay."*

(Monica)

When bowel cancer is found through the screening programme it is likely to be at an early stage. Bowel cancer can be successfully treated if found early.

*"The decision I made to complete the FOB test kit was probably the best decision I have ever made in my life. Had I not taken that course of action, there is no doubt in my mind, I would not be alive today."* (Harold)

*"Doing the FOB test was a good experience because it gave me an extra life. It has lengthened my life."* (Jean)

*"I was very lucky to have been picked up through screening because, if I had not done the test, by the time I had got any symptoms the cancer would probably have been a lot more serious."* (Maureen)

For more information about bowel cancer screening please read the booklet

"Bowel Cancer Screening: The Facts"

