

## What is cancer screening?

Screening a test is given to **healthy people**, in order to detect cancer at a very early stage.

Screening is not the same as the tests a person may have when doctors are diagnosing or treating cancer. If you have any symptoms that worry you, book in to see your GP urgently.

Our recommendation is for patients to attend their screening appointments, but we have put this guide together to make sure you are all fully informed of the pros and the cons of screening, to help you decide.



### If you are unsure what to do...

Come and speak to our GPs or nurses who can explain the risks and benefits of screening in more detail.

Further information is also available at:

<http://www.nhs.uk/Livewell/Screening>

<http://www.cancerresearchuk.org/about-cancer/screening>

<http://www.selbreastscreening.org.uk/>

### IF YOU ARE WORRIED ABOUT SYMPTOMS THAT MIGHT BE CANCER:

**SEE YOUR GP URGENTLY**



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## Cancer Screening: A guide for patients

Bowel, breast, and cervical cancer:  
What do I need to know?

# Bowel Cancer Screening

Remember, bowel screening is for **HEALTHY** people. If you have any **BLEEDING** from the bottom, or **LOOSE STOOLS** for more than 6 **WEEKS**, or any other symptoms that worry you – **SPEAK TO YOUR GP URGENTLY**



The test for bowel cancer is a stool (poo) sample.

This will be sent to you in the post.

If you have a positive poo result, you will be offered a colonoscopy.

A colonoscopy is a narrow tube camera that is passed through your bottom into your bowel.

The stool sample is very easy to do, as the picture above demonstrates.

If you would like to request a pack, please phone the bowel cancer screening helpline on **0800707 6060**

# Who is eligible for NHS cancer screening?

Men and women in England are offered a **bowel cancer test** every two years from the age of **60 to 74 years**. You should automatically be sent the home test kit by post.

Breast cancer screening invitations are automatically sent to **women aged 50-70 years**, every 3 years.

**Cervical screening** is done by **the nurses here in our surgery**. You should book for this every **3 years if you are aged 25-49 years, and every 5 years if you are aged 50-64 years**. The test is done from **day 8 to 14 of your menstrual cycle** (i.e. when you are not bleeding).

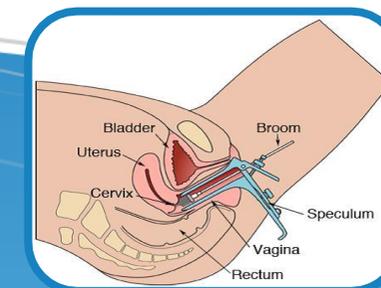
## Breast Cancer Screening

The test for breast cancer is a mammogram (x-ray), for which you will be automatically recalled.

You can phone the South East London Breast Screening Service on **020 3299 1964** Monday to Friday 9am-5pm for appointments and information.

Overall, the breast-screening programme finds cancer in about 8 out of every 1000 healthy women having screening.

Women who are diagnosed with breast cancer at the earliest possible stage have a 9 in 10 chance (90%) of surviving at least 5 years after diagnosis.



## Cervical Cancer Screening

The cervical screening test usually takes around five minutes. You'll be asked to undress from the waist down and lie on a couch, although you can usually remain fully dressed if you're wearing a loose skirt. The doctor or nurse will gently put an instrument, called a speculum, into your vagina. A small soft brush will be used to gently collect some cells

Our nurses will try and make you feel relaxed.

If the cervical test result is abnormal, you will be offered colposcopy (an vaginal examination with a camera) at Kings College Hospital.