



**NATIONAL
BOWELCANCER**
SCREENING PROGRAM

Bowel screening

FREE RESOURCES TO

GET BEHIND IT!

**Do the FREE test. It could
SAVE your life.**



Over 90% of bowel cancers can be successfully treated **if found early.**

Bowel screening

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RESOURCES

- [Promotional campaign video](#)
- [Frequently asked questions](#)
- [Digital fact sheet](#)
- [Social media assets + copy.](#)
- [A4 posters](#)
- [Website/newsletter banner](#)
- [Email signature](#)
- [Newsletter copy.](#)

Clickable links available on each resource page to view and download respective files.

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Promotional campaign video

Featuring Dr Andrew Rochford

[Download the English subtitled version here.](#)

[Download the non subtitled version here.](#)

**Additional languages available on request.*

The NBCSP is an Australian Government Program.



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FAQs – National Bowel Cancer Screening Program (NBCSP)

What is the National Bowel Cancer Screening Program?

The Australian Government's National Bowel Cancer Program began in 2006 and sends a free at home bowel cancer screening kit every two years to Australian's aged 50-74. To reduce deaths from bowel cancer by detecting early signs of the disease.

Who can take part in the NBCSP program?

The test is sent to Australian's aged 50-74 with a Medicare card every two years. 45-49-year-old Australian's will be able to register to order their first free kit and more information visit the NBCSP website or call the National Cancer Screening 701 or at www.ncsr.gov.au

Why is it important to participate in the program?

Bowel cancer is Australia's second biggest cancer killer however if found early, cancers can be successfully treated.

What's in the kit?

The kit has everything you need to collect two samples and comes with instruct envelope to mail them off. There are also resources and instructions in multiple health website.

How do you do the test?

Collect two tiny samples of your poo on different days, ideally within three days samples are alright and need to be kept somewhere cool like the fridge (never your samples within 24 hours of collecting the second sample. Postage is free.

How do I get the result from my test?

You should receive a letter with your test result within four weeks after you post. A positive result does not automatically mean cancer has been detected. It means up the result with your GP or health care professional.

What is bowel cancer and how does it occur?

Bowel cancer can often appear with no symptoms, family history and even in people with a healthy lifestyle. The bowel is made up of cells. In a healthy bowel, old cells are replaced by new cells. However, sometimes things can go wrong during this process. The cells can become abnormal and grow in clumps.

A polyp is a small growth on the lining of the bowel. Many polyps are harmless, but some can grow into bowel cancer. Tiny amounts of blood can leak from polyps and a at-home bowel screening test can detect this blood.

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FAQs – National Bowel Cancer Screening Program (NBCSP)

What are the symptoms of bowel cancer?

Bowel cancer can develop without any obvious symptoms. This is why it is important to screen.

Symptoms can include:

- blood in your poo or in the toilet bowl
- a recent and persistent change in your toilet habit, such as looser poo, severe constipation and/or if you need to poo more often than usual
- unexplained tiredness or weight loss
- stomach pain.

If you notice any of symptoms, speak to your doctor without delay.

Do the test kits have an expiry date?

Yes. Each test kit has an expiry date. This can be located on the back of the test kit envelope. To avoid your kit expiring, place it where you will remember to do it. In the toilet or bathroom is a good place. If your test kit has expired, please throw it away and order a replacement kit by contacting the National Cancer Screening Register on 1800 627 701 or at www.ncsr.gov.au. Have your participant number or Medicare number ready to speed up your call.

What do I do if my kit didn't show up?

If you are aged between 50 to 74 and haven't received a bowel screening test kit, check that your Medicare details are up to date. The test kit will be sent to the address you use for Medicare.

Your address registered with Medicare can be updated by:

- Using your Medicare online account through myGov.
- Using the Express Plus Medicare mobile app.
- Calling Medicare on 132 011.

You can also contact the National Cancer Screening Register on 1800 627 701 or at www.ncsr.gov.au.

What if I threw out or misplaced my screening kit?

If you have lost or thrown away your National Bowel Cancer Screening Program test kit, you can order a free replacement kit by contacting the National Cancer Screening Register on 1800 627 701 or at www.ncsr.gov.au. Have your participant number or Medicare number ready to speed up the call.

My test has expired. What should I do?

If your test kit has expired, please throw it away and order a replacement kit by contacting the National Cancer Screening Register on 1800 627 701 or at www.ncsr.gov.au. Have your participant number or Medicare number ready to speed up your call.

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Support



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Supported by



Frequently asked questions

[Download the FAQ's here.](#)

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Digital fact sheet

[Download the fact sheets here.](#)

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Do the FREE test. It could SAVE your life.

4 EASY STEPS COULD SAVE YOUR LIFE.

1 **PREPARE**

2 **COLLECT**

3 **STORE**

4 **REPEAT & SEND**

If you're aged 50-74 you'll be sent a **FREE** bowel screening test kit to your home every **TWO** years.

If you're aged 45-49, you can request your first free kit to be mailed to you.

The program aims to reduce deaths from bowel cancer by detecting early signs of the disease.

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The NBCSP is an Australian Government Program.

Social media assets



[Download the asset here.](#)

Suggested social media copy

Have you or a loved one received your free home test kit in the mail?

We are partnering with the Australian Government to raise awareness about the National Bowel Cancer Screening Program and increase participation rates across the country.

Don't delay completing your free test kit. It could SAVE your life.

Visit the link in our bio for information on the program.

#BowelCancerScreening #EarlyDetectionSavesLives
#NationalBowelCancerScreeningProgram #NBCSP #GetScreened
#BowelCancer #BowelCancerAwareness #BowelScreeningSavesLives

Note: Link in bio is www.health.gov.au/nbcsp

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GET BEHIND IT!

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Social media assets



Suggested social media copy

The Australian Government's National Bowel Cancer Program sends a free at home bowel cancer screening kit every two years to Australian's aged 50-74. As of July 1, 45-49 year old Australians are able to register to order a kit and join the program.

The program aims to reduce deaths from bowel cancer by detecting early signs of the disease.

Check in with your loved ones and encourage them to DO their free test.

#BowelCancerScreening #EarlyDetectionSavesLives
#NationalBowelCancerScreeningProgram #NBCSP #GetScreened #BowelCancer
#BowelCancerAwareness #BowelScreeningSavesLives

[Download the asset here.](#)

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Social media assets



[Download the asset here.](#)

Suggested social media copy

Have this FREE test at home?

We are partnering with the Australian Government to raise awareness about the National Bowel Cancer Screening Program and increase participation rates across the country.

If you have the test at home, do the test.

For more information about the program, visit the link in our bio.

#BowelCancerScreening #EarlyDetectionSavesLives
#NationalBowelCancerScreeningProgram #NBCSP #GetScreened #BowelCancer
#BowelCancerAwareness #BowelScreeningSavesLives

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[Download the asset here.](#)

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A4 posters

[Download the posters here.](#)

The NBCSP is an Australian Government Program.

Have you received a test kit?



Aged 45-74?
Do the FREE test

The National Bowel Cancer Screening Program is an Australian Government program.

4 easy steps could SAVE your life.

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Aged 45-74?
The kit is FREE, EASY and could save your life.

GET BEHIND IT!



The National Bowel Cancer Screening Program is an Australian Government program.



Aged 45-74?
Stay healthy for you and for your family.

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Scan the QR code for more information.

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Newsletter copy

[Download the newsletter copy here.](#)

Website banner

[Download the banners here.](#)



The NBCSP is an Australian Government Program.

Email signature

[Download the email signature here.](#)





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Thank you for getting behind it! Your support will help **SAVE** lives.

Don't forget to visit the NBCSP website for further information on this **FREE** life-saving program.

www.health.gov.au/nbcsp

FOLLOW US!

-  /getbehinditroadshow
-  Get behind it community roadshow
-  health.gov.au/getbehindit
-  events@thelkbagency.com.au