

You decide.

You decide whether to take a stool test. It is therefore important to be aware of the benefits and drawbacks of the stool test. This way, you can make a conscious choice, if necessary together with your doctor.



Benefits

- Colon cancer can be detected early, before you notice it yourself.
- You are more likely to be able to recover from it.
- The risk of dying from colon cancer is reduced.
- The examination is of high quality.
- You can simply take the stool test at home.
- The stool test and analysis are **free of charge**.

Drawbacks

- The stool test does not offer complete assurance. Sometimes blood is found in the stool when there is nothing wrong.
- Polyps do not always bleed. Then it may be that no blood is found in the stool, but that there are polyps present or that colon cancer is later diagnosed.
- Polyps do not always turn cancerous. They are always removed during the additional visual examination, even if they would never turn cancerous.

Be sure to seek advice from your doctor:

- if you have symptoms, such as:
 - blood or mucus in your stool;
 - a change in your normal bowel habit;
 - frequent abdominal pain or cramping;
 - the feeling you need to go to the toilet when you do not;
 - weight loss for no reason;
- if, according to your doctor, you have a greatly increased risk of colon cancer;
- if several people in your immediate family (parents, brothers, sisters or children) have had colon cancer.

Do you have any questions?

Further information can be found:

- by consulting your **GP**
- by visiting www.dikkedarmkanker.bevolkingsonderzoek.be
- by calling the toll-free number **0800 60 160**
- by e-mailing info@bevolkingsonderzoek.be
- In case of a failed sample or lost stool test, you can **order a new one free of charge!**
- via this **QR code**:



You decide for yourself whether or not to participate in the screening programme. Inform yourself well.

Free colon cancer
screening

**WE DO.
AND WHAT
DO YOU
DO?**



TIMELY
DETECTION IS
IMPORTANT.

Information about the Colon Cancer
Screening Programme for men and
women aged 50 to 74.

What is colon cancer?

Colon cancer is a malignant tumour in the colon and often begins with polyps. These do not cause any symptoms, but can develop into colon cancer without you noticing. **So even if you feel good, the stool test is indicated for you too!**

What is the Colon Cancer Screening Programme?

The Colon Cancer Screening Programme gives men and women aged 50 to 74 the opportunity to have their stool examined. They will receive a letter with a collection kit for this purpose. This stool test must be repeated **every two years**.

Why should I take part?

Colon cancer is the second most common cancer in women and third most common cancer in men. With this stool test, we may be able to tell if you have colon cancer before you notice it yourself. The sooner we detect colon cancer, the greater the chance of successful treatment.

Is it free of charge?

You can participate free of charge in the Colon Cancer Screening Programme.

What is a stool test?

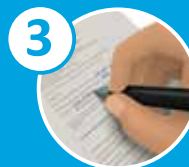
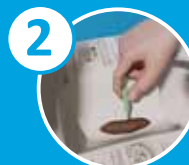
The stool test detects blood in the stool that is not visible to the naked eye. Blood in the stool may indicate colon cancer or its precursor. Some people find it unpleasant to have a stool sample taken. Fortunately, this goes very smoothly with the collection kit.

You can do it yourself at home.

- > The collection kit that you receive at home comes with user instructions. Everything is well explained in it. You can also watch a video on www.dikkedarmkanker.bevolkingsonderzoek.be/en/ddk/enghow-can-i-take-part
- > Taking your stool sample only takes five minutes.
- > Complete the participation form on the reverse of the letter. After that, you can send in the stool test.

When will you receive the result?

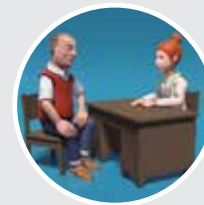
Approximately two weeks after you send the sample to the lab, you and your doctor will receive the result.



What result is possible?

There are two possible results:

1. No abnormality was found.
 - 94% of participants get this result.
 - Two years later, you will receive a new letter to have the stool test done again.
2. More blood than normal was found in your stool.
 - 6% of participants get this result.
 - A colonoscopy is needed to see what is going on. Your GP can help you plan that examination.
 - In half of the people with this result nothing is found, while in the other half polyps or colon cancer are found.



“Every year, more than 360,000 men and women aged 50 to 74 in Flanders take part in the screening.” Are you in?

