



# This little test helps find bowel cancer early

Talk to your doctor or free phone 0800 924 432



The test is easy, free and you can do it at home. You can have free bowel screening every two years if you're aged 60 to 74.



[timetobowelscreen.nz](https://timetobowelscreen.nz)

**Te Kāwanatanga  
o Aotearoa**  
New Zealand Government

**Health New Zealand  
Te Whatu Ora**



National  
Bowel  
Screening  
Programme