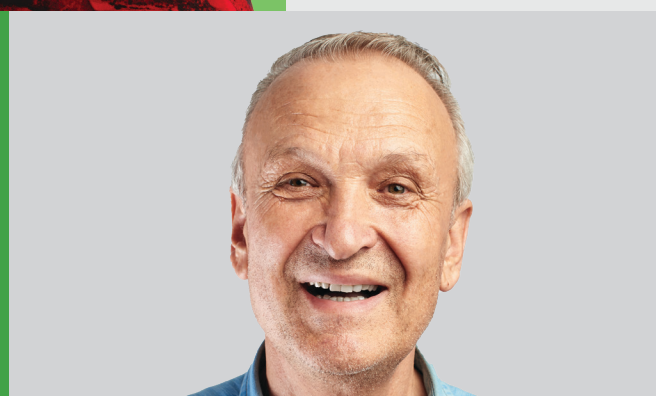




Scan here to find out more





Kia ora Aotearoa. Good news!



You can now have bowel screening from 56

Free | Easy | Do it at home









If you are turning 56 or 57, or are already 56 or 57 you don't need to do anything! A free bowel screening kit will be sent to you around the time of your next birthday. This simple test can help find bowel cancer early when it can often be successfully treated.

Bowel screening saves lives. When you get your kit, just do it!

To find out more go to
timetobowelscreen.nz
or talk to your doctor

Health New Zealand
Te Whatu Ora

Time to screen
National Bowel Screening Programme

HE7532-ENG - SEPT 2026