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National
Bowel
Screening
Programme

Health New Zealand
Te Whatu Ora

**Te Kāwanatanga
o Aotearoa**

New Zealand Government

Free bowel screening every two years

Adapted in 2025 by Accessible Formats Service,
Blind Low Vision NZ, Auckland

TN: The logos on the top of the page from left to right are Time to screen | National Bowel Screening Programme; Health New Zealand | Te Whatu Ora; Te Kāwanatanga o Aotearoa | New Zealand Government.

Free bowel screening every two years

Regular bowel screening can save lives by helping find cancer early when it can often be successfully treated.

Free bowel screening is available every two years for people aged 58 to 74 years.

When it's your turn to be screened you'll be sent an invitation letter, a consent form and a bowel screening test kit. The test is done at home and is quick and simple.

More information on bowel screening is available at <https://timetobowelscreen.nz>, or call 0800 924 432, Monday to Friday 8am-6pm. If you are Deaf, hard of hearing, deafblind, speech impaired or find it hard to talk, you can use the New Zealand Relay Service.

www.nzrelay.co.nz.

See your doctor straight away if you have symptoms such as a change in your normal bowel habit that continues for several weeks, or blood in your bowel motion (poo). Don't wait until your next screening test.

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End of Free bowel screening every two years