



# Free bowel screening every two years



**timetobowelscreen.nz**

**Health New Zealand**  
Te Whatu Ora

**Te Kāwanatanga  
o Aotearoa**  
New Zealand Government



National  
Bowel  
Screening  
Programme

**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 **timetobowelscreen.nz**, or call **0800 924 432**, Monday to Friday 8am-6pm.

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.