

Stay Healthy and Strong.

Complete a free bowel cancer screening test, every 2 years once you turn 50.



- Testing can help to find early warning signs, even before bowel cancer is present, so even healthy people should do the test.
- Completing the free test every 2 years from the age of 50 can help to detect bowel cancer early. If found early, over 90% of bowel cancers can be successfully treated.

A bowel cancer screening test is simple, private, and free.

The National Bowel Cancer Screening Program is free for people aged 50-74 who are registered with Medicare.



There are two ways to participate in the program:

1. Complete the self-test kit at home. If your address is up to date with Medicare you will receive your free kit in the mail every two years.
2. If you haven't received your kit or have concerns about doing a bowel cancer test, talk to your health professional.

Completing a bowel cancer test every 2 years can help make sure you stay healthy and strong and continue to enjoy time with family and loved ones.

The test is clean and easy to do. Talk to your health professional who can answer any questions about bowel screening.

Everything you discuss with your doctor is private and confidential – they can't share your information with anyone unless you ask them to.

Your GP or Aboriginal and/or Torres Strait Islander health worker will give you information about how to do the test and can get the results for you. You will also be sent a copy of your results. They can also answer any questions, including how to get a screening test kit or how to complete it.

Changed address recently?

Ensure your details with Medicare are up to date to get your free bowel screening test in the mail every two years from the age of 50 and stay healthy.

Bowel cancer screening is something everyone from the age of 50 can do to stay healthy and strong to spend time with loved ones.



"It's important to do the free test when it comes in the mail, or to talk to your health professional if you don't receive it. It helps our mob stay healthy and strong and look after our families."

– Dr Joel Wenitong, Gubbi Gubbi

Find out more

For more information, have a yarn with your health professional about making bowel cancer screening part of your routine health care or visit www.indigenousbowelscreen.com.au

