

# Bowel cancer risk

What you need to know about the qFIT test, including its benefits and limitations.

## What is bowel cancer?

Bowel cancer is the 4th most common cancer in the UK, accounting for around 12% of all new cancer cases. As with many cancers, early detection gives you the best chance of a full recovery - and the qFIT test is one of the best tools for early detection.

## About the test

The quantitative faecal immunochemical test (qFIT) detects traces of blood in a stool sample - including amounts too small to see - which can be an early sign of bowel cancer.

## Results

### Positive test result

- A positive qFIT result means traces of blood were found in your stool. This does not necessarily mean you have bowel cancer. Speak to your GP, who may refer you for further tests such as a colonoscopy.
- False-positive results are possible - the test may appear abnormal even when no cancer is present, which can cause anxiety and lead to further tests carrying their own risks.
- A positive result can also indicate other conditions causing hidden bleeding, such as bowel polyps, which may increase future cancer risk. This may trigger a surveillance programme of regular colonoscopies.

### Negative test result

- A negative result does not rule out bowel cancer. Some individuals with bowel cancer will not have blood detected by the qFIT test.
- Treat a negative result with caution if you have symptoms including unexplained weight loss, stomach pain, discomfort or swelling, softer or more watery bowel movements, extreme tiredness, or blood in your stool or on toilet paper. If you have any of these symptoms, speak to your GP.

## Next steps

We understand that a health assessment is just the beginning. That's why we work alongside carefully selected partner organisations to provide you with exclusive onward cancer support.

Scan the QR code below to stay up to date with our latest partnerships.



Contact our customer care line for more information: 0808 168 7867