

Cancer Screening

Cancer screening helps find problems early, often before you feel unwell. Finding cancer early can make it easier to treat.

What is cancer screening?

Screening means testing people who feel well, to look for signs of cancer. The NHS offers free screening for:

- Cervical cancer
- Breast cancer
- Bowel cancer

Why is screening important?

Screening can:

- Find cancer early
- Spot changes before cancer starts
- Help you get treatment sooner

Most people who get screened will not have cancer, but it is still important to check.

What should you do?

- Look out for your screening invite
- Book your appointment or complete your test
- Ask for help if you are unsure

If you miss an appointment, you can book again.

Need Support?

If you feel worried or unsure:

- Speak to your GP or nurse
- Ask for an interpreter if needed
- You can bring someone with you to your appointment



Cancer Screening at a Glance

Cervical Screening (Smear Test)

Who is it for?

Women and people with a cervix aged **25 to 64**.

What happens?

A nurse takes a small sample of cells from your cervix.
This looks for early changes that could turn into cancer.

How often?

Every **3 to 5 years**

Breast Screening

Who is it for?

Women aged **50 to 71**

What happens?

You will have a breast X-ray (mammogram).
This checks for early signs of breast cancer.

How often?

About every **3 years**

Bowel Screening

Who is it for?

Adults aged **60 to 74** (some areas start from age 50).

What happens?

You get a home test kit in the post.
You send back a small sample to be checked.

How often?

Every **2 years**

When you are invited, don't wait — get checked.