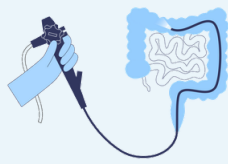


BOWEL SCREENING OPTIONS

Colonoscopy & CT Colonography

Two ways to check your bowel. Each has its own strengths and limitations. Here's a side-by-side so you can have an informed chat with your GP.

Colonoscopy



"A camera on a tube, guided through your bowel."

- BOWEL PREP**
Typically 3 days of low-fibre eating, then a cleansing drink the day before.

- TIME IN THE ROOM**
30 to 45 minutes, plus recovery

- WHAT GOES IN**
A flexible endoscope, finger-thick, about 1.5m long

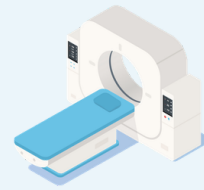
- SEDATION**
Yes, to help you relax and stay comfortable

- GETTING HOME**
Need a driver and no big decisions for 24 hours

- STRENGTHS**
Diagnosis, biopsies, & polyp removal in one procedure

Can diagnose a range of bowel conditions, take tissue samples for the lab, and remove polyps during the same visit. It also picks up smaller polyps that CT colonography can miss.

CT Colonography



"An advanced scan using CT images and 3D views."

- BOWEL PREP**
Same prep as a colonoscopy, plus usually a contrast drink for clearer scan results.

- TIME IN THE ROOM**
About 15 minutes

- WHAT GOES IN**
A small, soft rectal catheter

- SEDATION**
None. You're fully awake the whole time

- GETTING HOME**
You can drive yourself

- STRENGTHS**
Quick, less invasive bowel screening

No sedation required. Good for finding large polyps and cancer.

So, which one's for you?

That's a chat for you and your GP. The right choice depends on your symptoms, your risk, and their advice. The only wrong choice is doing nothing at all.

Talk to your GP

WHY THIS MATTERS

Bowel cancer found early is **highly treatable**. Finding it is the hard part — and both of these make finding it easier.