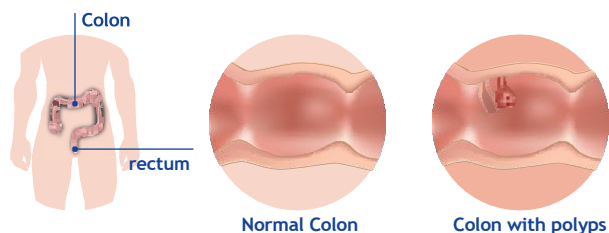


COLOTEST

Colotest can save your life
It's quick, simple and discreet

What is colorectal cancer ?

Colorectal cancer is cancer of the large intestine. It develops in the colon or rectum. See drawing.



Colorectal cancer is common. 8700 people are affected by this cancer each year in Belgium. About one in 23 people will be affected during their lifetime. The risk increases with age. The risk is low before the age of 50.

Colorectal cancer kills

About 3000 people die from this cancer each year in Belgium, often because the cancer was discovered too late.

Colorectal cancer often develops from an intestinal polyp (a growth on the wall of the intestine). Polyps are common and often harmless.

But a polyp can sometimes become cancerous. It may bleed. The blood, in small quantities, mixes with the stool (faeces). This blood is not visible. The cancer continues to develop with no other symptoms for several years.

If discovered too late, colorectal cancer is fatal.

What is Colotest ?

Colotest detects blood in stool. It thus detects early signs of colorectal cancer.

Colotest is a quick, simple and discreet test.

Your pharmacist will give it to you in exchange for your personal invitation letter.

In the Colotest kit, you will find :

- the test tube,
- the sampling stick to collect properly a bit of stool,
- an instruction manual,
- a form to indicate the name and address of your general practitioner.

How to do the Colotest ?

Follow the instruction manual and go to the toilet at home :

- 1 Collect a bit of stool with the sampling stick,
- 2 Place the sampling stick in the test tube,
- 3 Complete the form,
- 4 Place the tube and the form in the envelope provided with the kit and mail it..

The envelope with the laboratory address is already stamped.

How and when will I get the result ?

The test result will be sent to your general practitioner within 10 days. You will also find your test result on www.myhealth.belgium.be
> My reports and results > Brussels Health Network

When should I do a Colotest ?

It is recommended to do the test every two years from the age of 50. Two years after your first Colotest, you will receive the kit directly at home.

Can I trust Colotest ?

When there is blood in the stool, Colotest detects it 4 times out of 5. This is why the test has to be repeated every two years: undetected bleeding will be detected by the next Colotest.

No test is 100% reliable. Some cancers do not bleed. Contact your general practitioner if

- you have persistent stomach pain
- you have unexplained weight loss



What if the test result is positive ?

If you are notified that your test is positive - the lab detected blood in your stool - Contact your general practitioner.

They will prescribe a colonoscopy. This examination of the colon MUST be carried out: the cause of the bleeding has to be found. **In 9 cases out of 10, it is not cancer.**

If the bleeding comes from a polyp, it will be removed during the colonoscopy, simply and painlessly.

A colonoscopy is not a painful examination. Complications are very rare (1 in 1000 examinations).



Beware ! Colotest is not suitable for you if :

- you have bleeding haemorrhoids
- a close relative (mother, father, brother, sister, child) has or has had colorectal cancer
- you suffer from an inflammatory bowel disease (*Crohn's disease, ulcerative colitis*)
- you have already had colorectal cancer or *adenomatous polyps*
- you have a known risk of hereditary cancer.

In this case, talk to your general practitioner to get a specific screening.



Your best advisor ? Your general practitioner!

For more information, visit
www.bruprev.be

