

Appendix 1, Invitation letter (English version)

Invitation to screening for colorectal cancer

Region Zealand hereby invites you to an examination for colorectal cancer. Screening for colorectal cancer is an opportunity provided to all citizens aged 50 to 74 years.

One out of 20 Danish individuals is diagnosed with colorectal cancer in their lifetime – more men than women.

Unfortunately, the disease is often diagnosed late since the symptoms are diffuse and can be similar to those experienced as common minor bowel problems.

It has been shown that if the stool is examined for blood, it is possible to detect some of the cases before you experience any symptoms of the disease. This means that the chances of successfully treating the disease increase substantially and this in turn increases long-term life expectancy.

How do I participate?

You participate by using the home stool test kit you have received.

In this invitation you have received:

- Test kit and guidance for taking the stool sample;
- A postage-paid envelope;
- A pamphlet from the Health Authorities where you can read more about the examination and colorectal cancer.

It is very IMPORTANT that you put your personal sticker with your name, CPR-number and barcode on the test tube. You will find the sticker in the first picture in the guide. Please send the test as soon as possible.

If you are in any doubt concerning how to take and send the stool sample, you can look at the instruction video at www.regionh.dk/tarmkraeftscreening or scan the QR code on page 2.

Continue to the next page →

The test results

Not later than 10 weekdays after we have received your sample at the laboratory, both you and your general practitioner will receive the results. You will receive the results either in your encrypted email or by mail. If the analysis shows blood in your stool, you will receive the results together with a scheduled appointment for an examination of your bowels using a flexible tube with a camera attached (colonoscopy).

Most individuals who participate will receive results which show that no blood was found in their stool and therefore, will have no reason to be invited for further examinations. Every second year you will be offered an examination. In the meantime, if you experience symptoms of colorectal cancer e.g. blood or mucus in your stool or a change in bowel habits for a longer period, it is important that you contact your general practitioner, even if you have recently been examined.

You should contact the screening secretariat if:

- You have/have had colorectal cancer or are enrolled in a surveillance programme of your bowels for polyps or other bowel diseases;
- If you have had a colonoscopy in the last year;
- If you have had your colon and anus removed;
- If you do not wish to participate.

If you wish to avoid future invitations, **you need to actively withdraw your consent**. You can do this by sending an e-mail or calling the screening secretariat.

Talk to your general practitioner about participation if you have a chronic bowel disease e.g. Crohn's disease, Ulcerative colitis or if you are in doubt as to whether the examination is relevant for you.

If you have any questions about the examination, please contact the screening secretariat.