

Part 1

States for whom it is intended, followed by information about colorectal cancer and low-dose aspirin. Explains the risks and benefits of taking low-dose aspirin and emphasises the importance of considering taking part in colorectal screening to achieve better outcomes.

Should I take low-dose aspirin to reduce my risk of getting bowel cancer?

A decision aid for men aged 65 to 69 years old

This document can help you decide whether to take low-dose aspirin to reduce your risk of getting bowel cancer. It is for men aged 65 to 69. This information will help you to understand what your options are. **You can then decide yourself or you may want to talk about these options with your doctor or pharmacist to decide what is right for you.**



Frequently asked questions

How does bowel cancer develop?	Bowel cancer often begins as a small growth, called a polyp, inside the large bowel (also known as the large intestine). Finding and removing polyps helps prevent bowel cancer.
What are the risks of getting bowel cancer?	About 70 in 1000 men aged 60 to 74 may develop bowel cancer.
What is aspirin?	Aspirin is a medicine used to relieve pain, fever and swelling. It also helps to protect against heart problems by preventing blood clots. Aspirin taken for pain relief comes in 300mg tablets. The low-dose aspirin taken to prevent bowel cancer is about 75mg.
What are the benefits of taking low-dose aspirin?	Medical trials have shown that low-dose aspirin may protect against bowel cancer by helping to prevent polyps developing. The benefits of taking low-dose aspirin increase with continued use.
What if I already take aspirin?	If your doctor has recommended that you take aspirin for other health conditions, or if you already take aspirin anyway, we hope that this document provides more information. Please do not change your prescribed medication without consulting your doctor.
What harm can taking	Low-dose aspirin may increase the risk of bleeding.

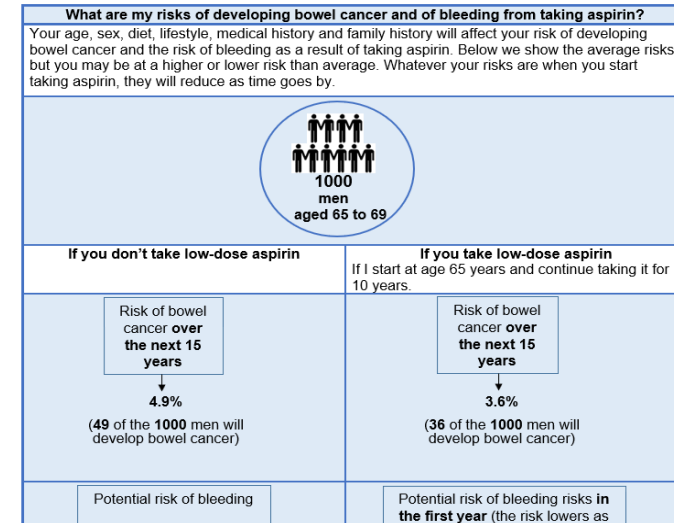
Part 3

Elicits individual values and preferences and assists the patient in the decision-making process.

Making a decision	
How can I decide?	Taking low-dose aspirin to prevent bowel cancer may not be for everyone. Your GP can help you make this decision by considering your personal situation and what is important for you . You can also make the decision yourself or contact your community pharmacist. If you are concerned about anything in this decision aid, you should talk to your doctor. You may find more information online at www.nhs.uk/news/cancer/daily-low-dose-aspirin-may-help-combat-cancer/ .
What if I decide not to take low-dose aspirin?	We still strongly encourage you to consider doing the bowel-screening test every time you are sent a testing kit . Bowel screening can help find bowel cancer early, resulting in fewer deaths from bowel cancer. Adopting a healthier diet and lifestyle can also lower your risk of developing bowel cancer.

Part 2

Presents options and outcomes for risks of developing bowel cancer and bleeding so people can weigh the options of not taking versus taking aspirin.



Part 4

Provides an opportunity for people to write any concerns they might have and might want to discuss with a healthcare professional.

It may help to write down any questions you have about low-dose aspirin and how much these issues matter to you.

Other questions or issues I want to discuss with my doctor or other health-care professional	How important this issue is to me		
	Very important	Important	Not important

My decision

I will consider taking low-dose aspirin regularly for five years or more as I think it will benefit me.

I won't take low-dose aspirin for now, but I know that I can talk about this again if I want to.

Please remember, whether or not you choose to take low-dose aspirin, we strongly encourage you to do a bowel-screening test every time you are sent a kit. It could save your life.