



## Bupa Colon Health

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Bowel disease is one of those things we don't like talking about. Give yourself peace of mind with Bupa's Colon Health Check.

### Why choose the Bupa Colon Health Check?

Bowel cancer is the third most common cancer in the UK. If you're over 45 or have a family history of the disease, it's a good idea to get yourself checked. Reassuringly, 90 percent of cases can be treated, if detected early enough.\*

### Fast results and unhurried advice

With Bupa, you receive your results as quickly as possible. Even better, you have plenty of time to talk to one of our doctors about diet and lifestyle changes that can make a significant difference to your bowel health.

\* Source: Cancer Research UK

0845 604 0612  
[www.bupa.co.uk/wellness](http://www.bupa.co.uk/wellness)



# What's included

You undergo a virtual colonoscopy. It's a new computerised technique that looks inside the large bowel (colon) using an X-ray and CT scan and is much less invasive than a traditional colonoscopy. It lets doctors examine the bowel for cancers and polyps - small growths that can become cancerous if not removed. If need be, we can refer you to a specialist.



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## Medical tests

### Medical history

Complete a detailed questionnaire about your background and medical history.

### Consultation

Talk through concerns and receive lifestyle advice.

### Physical examination

The virtual colonoscopy uses a CT scanner and virtual reality software to look inside your bowel.

**Total duration:** 60 minutes (including scanning time and doctor consultation)

Call 0845 604 0612\* to book an appointment  
[www.bupa.co.uk/wellness](http://www.bupa.co.uk/wellness)

Bupa Wellness, Battle Bridge House, 300 Gray's Inn Road, London WC1X 8DU. Bupa Wellness Health Assessments are provided by Bupa Occupational Health Ltd. Registered in England and Wales no 631336. Registered office, Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA.

\*Lines are open Monday to Friday 8am to 6pm. Calls may be recorded and monitored. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more.

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