



- Our screening programmes are for people who do not have any symptoms of cancer or retinopathy (eye disease).
- Some people will still develop cancer or retinopathy despite regular screening. Screening does not find all cancers or retinopathy. Cancer can develop between screenings (interval cancers).
- We can help you if you have access needs, please contact our access officers. Details on programme websites below.



- Breast screening helps to find cancer at an early stage before people have symptoms. If it's found early, it's easier to treat and you have a better chance of recovery.
- BreastCheck is for women aged between 50 and 69. Your first invitation depends on when screening is available in your area. You may be 53 years old when you get your first invitation due to COVID-19 delays.
- Breast screening takes place at a BreastCheck clinic or a mobile screening unit. These units move around to different places in Ireland.
- During breast screening we take an x-ray (called a mammogram) of your breasts. It looks for breast cancer when it's too small to see or feel.
- Breast screening won't find every cancer. However, it lowers the number of serious outcomes from breast cancer.
- You can check your breasts yourself to know what is normal for your breasts. If you notice any unusual changes or symptoms of breast cancer including a lump in either breast, contact your GP without delay. Do not wait for your next screening test.
- Check, update or join our online breast screening register or find more information:
Freephone: **1800 45 45 55**
Email: **info@breastcheck.ie**
Website: **hse.ie/breastcheck**



- Cervical screening helps to find cancer at an early stage before people have symptoms, by testing for HPV (human papillomavirus).
- CervicalCheck offers free HPV cervical screening every three years to women and people with a cervix aged 25 to 29. It offers it every five years to those aged 30 to 65 years.
- We'll send you an invite and you can attend any GP or clinic registered with CervicalCheck.
- If you need any follow-up, we'll let you know.
- Attending regular cervical screening, getting the HPV vaccine if you are eligible and receiving timely treatment for abnormal cells reduce your risk of cervical cancer.
- If you have symptoms of cervical cancer do not wait for your next screening test.
- Symptoms may be abnormal bleeding or pain in your pelvis. Contact your GP without delay.
- Check our online register to find out when your next screening test is due or to update your contact details.
- To register with CervicalCheck or find more information:
Freephone: **1800 45 45 55**
Email: **info@cervicalcheck.ie**
Website: **hse.ie/cervicalcheck**



- Bowel screening looks for signs of cancer at an early stage before people have symptoms.
- BowelScreen offers a free home test kit to people aged 59 to 69 every two years.
- If cancer is found early, it's easier to treat and you have a better chance of recovery.
- We'll send you an invite. If you choose to take part we'll post a home test kit to you. The test is easy to do and only takes a few minutes. Keep the test in your bathroom so you have it the next time you have to go. Take a sample of your poo (stool sample) and send it to us by Freepost.
- If you need any follow-up tests, we'll let you know.
- If you have symptoms of bowel cancer do not wait for your next screening test.
- Symptoms may be an ongoing change in your bowel habits, blood in your poo or stomach pain. Contact your GP without delay.
- To register with BowelScreen or find more information:
Freephone: **1800 45 45 55**
Email: **info@bowelscreen.ie**
Website: **hse.ie/bowelscreen**



- Diabetic RetinaScreen aims to find and treat a serious eye disease called retinopathy in people with type 1 or type 2 diabetes.
- When retinopathy is found early, treatment can prevent or reduce damage to your sight.
- Diabetic RetinaScreen is free to people aged over 12 who have diabetes, and if you need treatment it is also free.
- We offer screening every year. If you get a test result showing no retinopathy two years in a row, we will offer you screening every 2 years.
- During retina screening, we will put drops in your eyes and use special digital photography to screen for retinopathy. We have over 100 screening centres nationwide.
- Your GP or healthcare professional can refer you for screening. You can also fill in an online self-registration form.
- Women who are pregnant and who have diabetes need more regular screening. Your maternity team can register you.
- If you notice changes to your sight, or have any concerns about your eyes, contact your GP, optician or eye doctor without delay. Do not wait until your next screening test.
- To register with Diabetic RetinaScreen or find more information:
Freephone: **1800 45 45 55**
Email: **info@diabeticretinascreen.ie**
Website: **hse.ie/diabeticretinascreen**



- Tá ár gcláir scagthástála ar mhaithe le daoine nach bhfuil siomptóim ailse nó reitineapaite (galar súl) ar bith acu.
- Tiocfaidh ailse nó reitineapaite ar dhaoine áirithe fós in ainneoin scagthástáil rialta. Ní aimsítear gach ailse nó reitineapaite trí scagthástáil. D'fhéadfadh ailse teacht ar dhuine idir scagthástálacha (ailsí eatraimh).
- Má theastaíonn tacaíocht bhreise uait le haghaidh do choinne, déan teagmháil lenár n-oifigigh rochtana. Tá sonraí faoi shuíomhanna gréasáin na gclár thíos.



- Cuidíonn scagthástáil cíoch le hailse a aimsiú ag céim luath sula mbíonn siomptóim ag daoine. Má aimsítear go luath í, bíonn sé níos éasca í a chóireáil agus bíonn seans níos fearr ann go dtiocfaidh tú chugat féin.
- Tá BreastCheck dírithe ar mhná idir 50 bliain agus 69 mbliana d'aois. Braitheann do chéad chuireadh ar an am a bheidh scagthástáil ar fáil i do cheantar. D'fhéadfá bheith 53 bliana d'aois nuair a fhaigheann tú do chéad chuireadh mar gheall ar mhoilleanna COVID-19.
- Bíonn scagthástáil cíoch ar siúl ag clinic BreastCheck nó ag aonad móbileach scagthástála. Bogann na haonaid sin thart go dtí láithreacha éagsúla in Éirinn.
- Le linn na scagthástála cíoch tógaimid x-gha (ar a dtugtar mamagram) de do chíocha. Cuardaíonn sé ailse cíoch nuair a bhíonn sí ró-bheag chun í a fheiceáil nó a mhothú.
- Ní aimseofar gach ailse le scagthástáil cíoch. Ach laghdaíonn sí líon na dtorthaí tromchúiseacha mar thoradh ar ailse cíoch, áfach.
- Is féidir leat do chíocha a sheiceáil tú féin chun a bheith ar an eolas cad is normálta do do chíocha. Má thugann tú athruithe neamhghnácha nó siomptóim ailse cíoch ar bith faoi deara lena n-áirítear meall i gceachtar de na cíocha, déan teagmháil le do dhochtúir gan mhoill. Ná fan go dtí do chéad scagthástáil eile.
- Déan seiceáil, nuashonrú nó clárú ar ár gclár ar líne scagthástála cíoch nó faigh faisnéis bhreise anseo:

Saorghlao: **1800 45 45 55**
Ríomhphost: **info@breastcheck.ie**
Suíomh gréasáin: **hse.ie/breastcheck**



- Cuidíonn scagthástáil ceirbheacs le hailse a aimsiú ag céim luath sula mbíonn siomptóim ag daoine, trí thástáil a dhéanamh le haghaidh HPV (papalómaivíreas daonna).
- Cuireann CervicalCheck scagthástáil ceirbheacs HPV ar fáil saor in aisce gach trí bliana do mhná agus do dhaoine ag a bhfuil ceirbheacs atá 25 bliana go 29 mbliana d'aois. Cuireann sé í ar fáil gach cúig bliana dóibh siúd atá 30 bliain go 65 bliana d'aois.
- Seolfaimid cuireadh chugat agus is féidir leat freastal ar dhochtúir nó ar chlinic ar bith atá cláraithe le CervicalCheck.
- Má theastaíonn tástáil leantach ar bith uait, ligfimid i bhfios duit.
- Trí fhreastal ar scagthástáil ceirbheacs rialta, trí vacsaín HPV a fháil má tá tú incháilithe agus trí chóireáil thráthúil a fháil le haghaidh cealla mínormálta, is féidir an riosca go dtiocfaidh ailse ceirbheacs ort a laghdú.
- Má tá siomptóim ailse ceirbheacs agat ná fan go dtí do chéad scagthástáil eile.
- D'áireofaí cur fola mínormálta nó pianta i do pheillbheas le siomptóim. Déan teagmháil le do dhochtúir gan mhoill.
- Féach ár gclár ar líne chun a fháil amach cathain a bheidh do chéad scagthástáil eile le déanamh nó chun do chuid sonraí teagmhála a nuashonrú.
- Chun clárú le CervicalCheck nó chun níos mó faisnéise a fháil:

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Ríomhphost: **info@cervicalcheck.ie**
Suíomh gréasáin: **hse.ie/cervicalcheck**



- Le scagthástáil putóige cuardaítear comharthaí ailse ag céim luath sula mbíonn siomptóim ag daoine.
- Le BowelScreen cuirtear fearas tástála tí ar fáil saor in aisce do dhaoine atá 59 mbliana go 69 mbliana d'aois gach dhá bhliain.
- Má aimsítear go luath í, bíonn sé níos éasca í a chóireáil agus bíonn seans níos fearr ann go dtiocfaidh tú chugat féin.
- Seolfaimid cuireadh chugat. Má roghnaíonn tú páirt a ghlacadh seolfaimid fearas tástála tí sa phost chugat. Is furasta an tástáil a dhéanamh agus ní thógann sé ach cúpla nóiméad. Coinnigh an fearas tástála i do sheomra foltha ionas go mbeidh sé agat an chéad uair eile a bheidh ort dul chuig an leithreas. Tóg sampla de do chac (sampla faecais) agus seol chugainn é le Saorpost.
- Má theastaíonn tástálacha leantacha ar bith uait, ligfimid i bhfios duit.
- Má tá siomptóim ailse putóige agat ná fan go dtí do chéad scagthástáil eile.
- D'áireofaí le siomptóim athrú leanúnach ar do nósanna folmhaithe, fuil i do chac nó pianta i do bholg. Déan teagmháil le do dhochtúir gan mhoill.
- Chun clárú le BowelScreen nó chun níos mó faisnéise a fháil:

Saorghlao: **1800 45 45 55**
Ríomhphost: **info@bowelscreen.ie**
Suíomh gréasáin: **hse.ie/bowelscreen**



- Is é aidhm RetinaScreen Diaibéiteach galar tromchúiseach súl a bhrath agus a chóireáil ar a dtugtar reitineapaite i ndaoine ag a bhfuil diaibéiteas chineál 1 nó chineál 2.
- Nuair a aimsítear reitineapaite go luath, is féidir damáiste do do radharc a sheachaint nó a laghdú trí chóireáil.
- Tá RetinaScreen Diaibéiteach ar fáil saor in aisce do dhaoine atá níos sine ná 12 bhliain d'aois a bhfuil diaibéiteas acu agus má theastaíonn cóireáil uait tá sí saor in aisce freisin.
- Cuirimid scagthástáil ar fáil gach bliain. Má fhaigheann tú toradh lena dtaispeántar nach bhfuil reitineapaite ann ar feadh dhá bhliain i ndiaidh a chéile, cuirfimid scagthástáil ar fáil duit gach 2 bhliain.
- Le linn na scagthástála ar na reitiní, cuirfimid braonta i do shúile agus úsáidfimid grianghrafadóireacht dhigiteach chun scagthástáil a dhéanamh le haghaidh reitineapaite. Tá níos mó ná 100 ionad scagthástála againn ar fud na tíre.
- Is féidir le do dhochtúir nó le gairmí cúraim sláinte tú a atreorú le haghaidh scagthástála. Is féidir leat foirm féin-chlárúcháin ar líne a chomhlánú freisin.
- Teastaíonn scagthástáil níos rialta ó mhná atá ag iompar clainne nó a bhfuil diaibéiteas acu. Is féidir le d'fhoireann mháithreachais tú a chlárú.
- Má thugann tú faoi deara go bhfuil athruithe ar do radharc, nó má bhíonn aon imní ort faoi do shúile, déan teagmháil le do dhochtúir, le do radharceolaí nó le do dhochtúir súl gan mhoill. Ná fan go dtí do chéad scagthástáil eile.
- Chun clárú le RetinaScreen Diaibéiteach nó chun níos mó faisnéise a fháil:

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