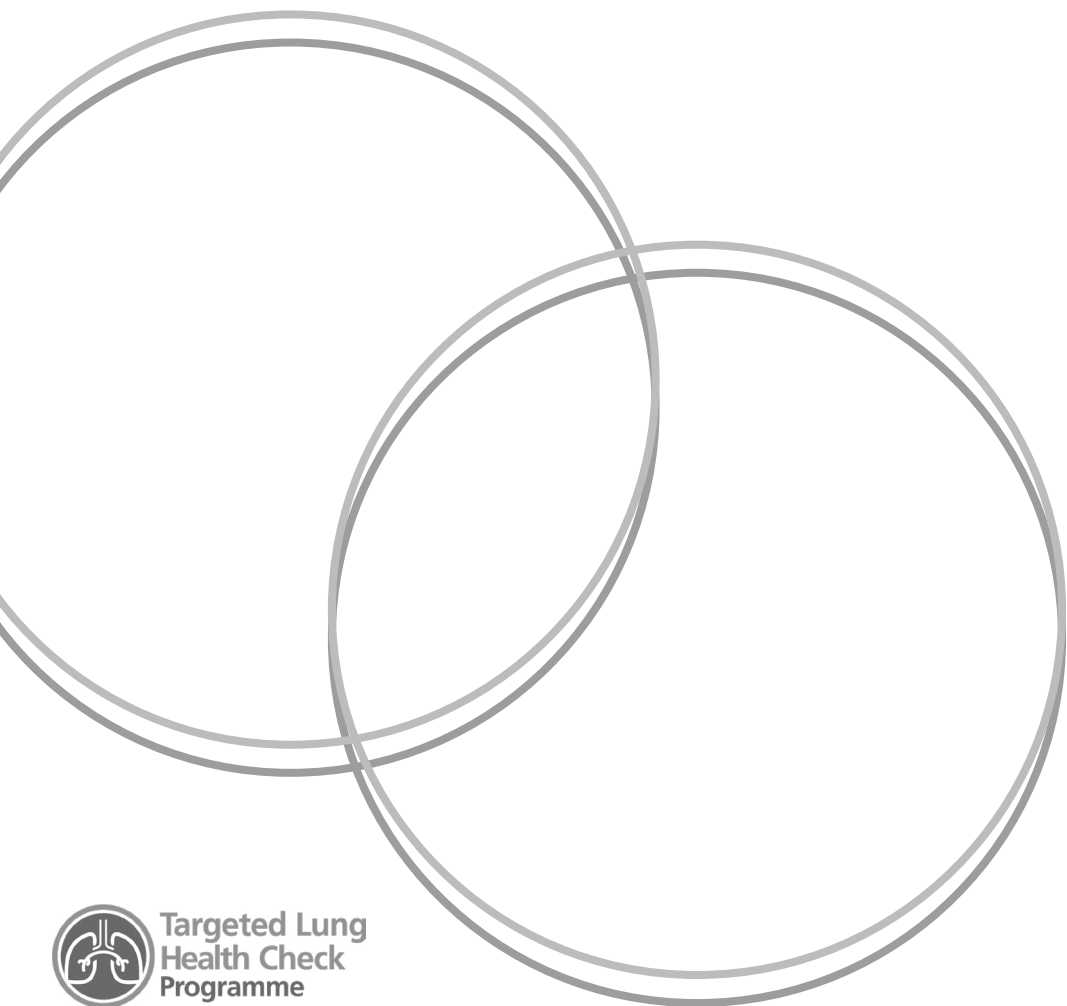




Oxford University Hospitals
NHS Foundation Trust

Lung Cancer Screening: What you need to know

Information for patients



Targeted Lung
Health Check
Programme

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A lung cancer screening check is different to an NHS health check. Even if you've recently been for an NHS health check, you should still attend your lung cancer screening appointment.

Additional support

For more information and support:

Email: lunghealthcheck@ouh.nhs.uk

Phone: **01865 235690**

Please do not use this number if you need medical help. If you need medical help, please phone **111** or **999** depending on urgency.

Why we are offering lung cancer screening

There are often no signs or symptoms of lung cancer at an early stage of the illness. As a result, around 7 in 10 cancer patients are diagnosed too late for successful treatment.

Lung cancer screening helps find problems early, often before you notice anything is wrong, and at a stage when treatment could be simpler and more successful - ultimately saving more lives.

Most lung cancers grow slowly enough for them to be found at an early stage by a lung scan.

What is lung cancer screening?

Lung cancer screening is a two-stage process.

- 1) You will have a phone call or meeting with a health professional to evaluate your chances of developing lung cancer.
- 2) If you are identified as having a higher chance of developing lung cancer, we will invite you for a quick scan. The scan will take a detailed image of your lungs for us to review. If we find anything that may be lung cancer, we will refer you for further tests or treatment.

Why we have invited you

People aged from 55 to 74 who smoke or used to smoke have a higher risk of developing lung cancer. It's rare to find lung cancer as part of these scans, but if we do find it we can act quickly and provide treatment.

It is your decision to come to the lung cancer screening appointment or not.

What happens at lung cancer screening?

There are two parts to lung cancer screening. The first part is the initial assessment, and the second part is the lung scan if needed.

The results of your initial assessment will help decide if you need the lung scan. You will have plenty of time throughout the process to chat to medical staff and ask any questions.

Initial assessment

You will have a phone call or meeting with a health professional to discuss your overall lung health, lifestyle, breathing, and family and medical history. If you currently smoke, we may offer you help to stop smoking.

There are three possible outcomes as follows.

Offer of a lung scan

If you have a higher chance of developing lung cancer, we will offer you a lung scan to check if your lungs are working well. The health professional will help you to choose whether the scan is right for you.

No problems found

The health professional may find nothing further to look into. You don't need a lung scan.

Referral to your GP or local hospital

If we find something that needs investigating but you do not require a scan, the health professional may refer you to your GP or another specialist.

In all three cases, we will write to your GP to let them know.

Lung scan

We will invite you for a quick scan of your lungs. This is a special Computed Tomography (CT) scan that uses a very low dose of radiation and a computer to take a detailed picture of your lungs.



What happens during the lung scan?

You do not need to do anything to prepare for your scan.

1. During the scan, you will usually lie flat on your back on a bed that moves through the CT scanner. The scanner is shaped like a circle, and it rotates around a small section of your body as you pass through it.
2. Specially trained staff (radiographers) control the scanner from behind a screen in the CT room. You will be able to see and speak to them during the scan.
3. When a scan is taken, you will need to lie still and follow simple breathing instructions for about 10 seconds. This makes sure the pictures are not blurred.
4. The scan is painless, and you will be able to eat, drink, and drive as normal before and after your scan.

Lung scan - possible results

You will get your results from us within four weeks. There are four possible results as follows.

No problems found

This means we saw no signs of lung cancer on the scan. We will write to you with the results and ask you to come back for another scan in two years. However, it is still possible that lung cancer could develop between scans, or that the scan may have missed it. If you notice anything unusual before your next scan, speak to your doctor.

Second scan needed

This usually means there is something on the scan we would like to monitor. Usually it is harmless, but just to be sure we will ask you to come for another scan, usually in 3 or 12 months' time. We will call you to discuss this.

Further tests needed

This means we've seen something on the scan and you need further tests, which could include a biopsy. We will call you and write to the hospital so you can be seen by a doctor to investigate further.

Another problem found

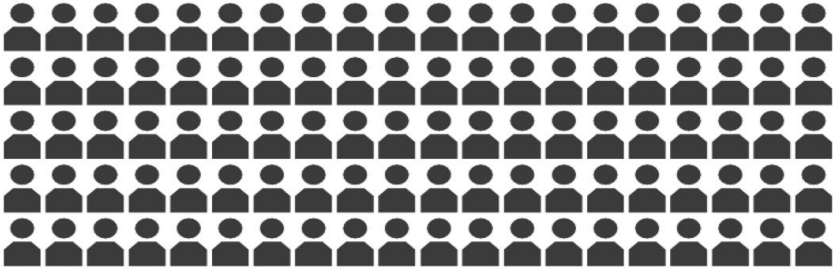
The scan is only designed to find lung cancer, but sometimes there are signs of other problems (incidental findings) on the scan. If we think you need treatment or medical advice, we will write to you and your GP to explain what happens next. If we don't think any action is needed, these findings may be listed in your medical record but we will not inform you or your GP.

Re-invitation to lung cancer screening

We will invite you to another lung scan as part of this screening programme two years after your first scan, unless you have attended other lung scans since then.

Please do attend this appointment to check for any signs of lung cancer that may have developed since your last scan.

For every 100 people who have an initial assessment



54 will be offered a scan



8 will need a second scan to further investigate spots which were difficult to identify



3 will need further tests and scans



2 will be diagnosed with lung cancer



Fewer than 1 in 500 people will have an operation for suspected cancer but later be told that there was no cancer found.

Why early diagnosis makes a difference

If there is a problem in one part of the lung that is caught early, treatment can focus on just the part affected. If found later, the problem may have spread to other areas of the lungs and body, making it more difficult to treat.

What you need to know about lung scans

Treatment of early lung cancer is often successful

You are three more likely to be diagnosed at an early stage through lung cancer screening.

Small and early lung cancer can often be removed completely with surgery or treated with radiotherapy.

Research suggests screening for lung cancer using CT scans can reduce your risk of dying from the cancer by around 25%.

The low dose CT scan will expose you to a very small amount of radiation

It is the same as about one year's worth of radiation from the natural environment.

The overall risk of these CT scans causing cancer remains very low, compared with the benefits of detecting lung cancer early

A very small number of people may get a 'false negative' result

This is when there is a cancer present, but the scan doesn't pick it up. You could also still develop lung cancer in the future. If you do start to display symptoms at any time, please see your doctor.

In some people, the scan picks up something even though they do not have lung cancer

This is called a false positive result and would mean you need further tests before confirming you don't have cancer.

Scans can pick up lung cancers that will never cause a person harm

Doctors cannot always tell if cancer will go on to be life-threatening. As a result, some people will receive treatment they do not need.



What is lung cancer?

Lung cancer is one of the most common types of cancer.

It is when abnormal cells divide in an uncontrolled way to form a tumour in the lung.

Finding lung cancer early can really improve a person's outcomes. This is why screening for lung cancer is offered.

What are the symptoms of lung cancer?

It is important to look out for anything that is unusual for you, especially:

- a persistent cough or change in your normal cough
- coughing up blood
- shortness of breath
- unexplained tiredness or weight loss
- an ache or pain when breathing or coughing
- loss of appetite.

If you notice one or more of these symptoms, speak to your GP as soon as possible. Do not wait for another scan.

What can I do to reduce my risk of lung cancer?

Stopping smoking is one of the most effective ways of reducing your risk. Many people who have been smoking for years and who have tried to quit multiple times have successfully stopped smoking with support from local services.

If you do smoke and would like to stop, there are friendly, free, and local stop smoking services waiting for you to get in touch.

A healthcare professional at your lung cancer screening appointment can put you in touch with these teams.

Ask your GP or contact NHS Smokefree:

0300 123 1044 / www.nhs.uk/smokefree

Further information

For more information about lung cancer, lung health checks, and advice on smoking, visit:

NHS Lung Cancer Information

www.nhs.uk/conditions/lung-cancer

NHS Smokefree

www.nhs.uk/smokefree

Cancer Research UK

www.cruk.org/lunghealthchecks

www.cruk.org/about-cancer/lung-cancer

www.cruk.org/smoking

Roy Castle Lung Cancer Foundation

www.roycastle.org/information

www.roycastle.org/help-and-support

NHS England gateway reference: 000959

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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