Bowel cancer
Know your symptoms

Developed for South Yorkshire, Bassetlaw and North Derbyshire Cancer Alliance

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Screening, Awareness, Fast, Early
The three main signs of bowel cancer are:

1. Having blood in your poo a lot without there being a clear reason for it.

2. A change in the times and how often you go to the toilet.

   This is usually that you have to go often and your poo is more runny.
If you have any of these signs or symptoms don’t wait for screening, make an appointment with your GP as soon as possible.

3

Having tummy pain, bloating or feeling uncomfortable after you eat.

Sometimes this means that you don’t want to eat and lose weight.
Screening

If bowel cancer is found early, before you have any signs or symptoms it is easier to treat and you are more likely to survive it.

To try to find bowel cancer sooner there is two types of screening.
For this screening a test kit is sent to you in the post so you can collect some of your poo and send it back to be tested.

All 60 to 74 year olds who are registered with a GP in England are asked to do a faecal occult blood test every 2 years.
The NHS is also starting to do another screening called a bowel scope.

If you are 75 years old or over, you can ask for this test by calling the freephone helpline on 0800 707 60 60.
For this test a doctor or nurse uses a thin, flexible instrument to look inside your bowel.

Having a bowel cancer screening means you are less likely to die from bowel cancer.

This is a test you are asked to do when you are 55 years old.