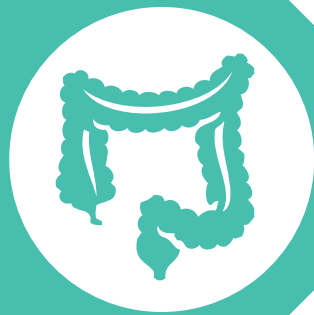


Bowel cancer

Know your symptoms



The three main symptoms of bowel cancer are:

- 1** Persistent blood in your stools (poo) – that occurs for no obvious reason **or** is associated with a change in bowel habit
- 2** A persistent change in your bowel habit – which usually means going more often, with looser stools
- 3** Persistent lower abdominal (tummy) pain, bloating or discomfort – that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss

If you experience any of the above symptoms don't wait for screening, make an appointment with your GP as soon as possible.

Source: NHS Choices 2018



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Screening

If bowel cancer is detected at an early stage, before symptoms appear, it's easier to treat and there's a better chance of surviving it.

To detect cases of bowel cancer sooner, the NHS offers two types of bowel cancer screening to adults registered with a GP in England:

- All men and women aged 60-74 are invited to carry out a faecal occult blood (FOB) test. Every two years, they're sent a home test kit, which is used to collect a stool sample. If you're 75 or over, you can ask for this test by calling the freephone helpline on **0800 707 60 60**.
- An additional one-off test called bowel scope screening is gradually being introduced in England. This is offered to men and women at the age of 55. It involves a doctor or nurse using a thin, flexible instrument to look inside the lower part of the bowel.

Taking part in bowel cancer screening reduces your chances of dying from bowel cancer.



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