Let’s be clear.
If for the last 3 weeks you’ve had blood in your poo or it’s been looser, you need to tell your doctor.

Aged 60-69?

If you are aged 60-69 you’ll be sent bowel ‘screening’ kits every two years. If you are aged 70 or over you can request a kit by phoning 0800 707 60 60, although in some parts of the country you will be sent kits up until you are 75.

It’s really important you use the kits, as they can help catch bowel cancer early, before you have any symptoms. And as we’ve said, the earlier the diagnosis, the better your chances of survival.

Experts say that these screening kits can significantly reduce the risk of dying from bowel cancer. They can also detect polyps, which can be easily removed. Polyps aren’t cancers, but in some cases they can develop into cancer.

If you have any symptoms mentioned in this leaflet, don’t wait for your screening kit, go and see your doctor as soon as possible. To find your doctor’s contact details, visit nhs.uk/bowelcancer

Unclear on anything?
Visit nhs.uk/bowelcancer

...about how to reduce your chances of getting bowel cancer

Look after yourself
Try to get your 5-a-day. So eat more vegetables and fruit, fish, and wholegrain foods. Eat less fatty foods like cakes and pastries and fewer processed meats like bacon and ham. It’s also a good idea to reduce your alcohol intake.

Stay fit
Exercise often (walking to the local shops instead of taking the car for example) and try to maintain a healthy weight.

Stop smoking
There’s plenty of support and help available from the NHS. Visit www.smokefree.nhs.uk or call 0800 169 0169.

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Bowel cancer is the third most common cancer in the UK. And when it comes to cancer death, it’s the second biggest killer. It affects men and women, particularly those who are over 50. However, the sooner a patient is diagnosed with bowel cancer, the better their chances of survival.

For the last 3 weeks:
• Has there been blood in your poo?
• Has your poo been looser?

If you have one of the above symptoms, go and see your doctor.
To find your doctor’s contact details, visit nhs.uk/bowelcancer

“I am glad I didn’t leave it any longer before going to my GP. The sooner you seek medical advice the better.”
Lester Marriot aged 60

It’s better to know what’s going on.
If it’s not serious, your mind will be put at rest. However, if it is a serious condition, such as bowel cancer, then the earlier it is diagnosed the more treatable it is. Visiting your doctor could save your life.

Not all symptoms mean it’s bowel cancer.
They can be due to other conditions such as haemorrhoids (piles). However, don’t try and diagnose yourself, go and see your doctor now and find out for sure.

To find your doctor’s contact details, visit nhs.uk/bowelcancer