

# MACMILLAN TOILET CARD

You can use this card during or after treatment. If you need to use a toilet urgently, you can show it in places such as shops, offices, cafes and pubs. We hope it helps you get access to a toilet without any awkward questions. But we cannot guarantee it will work everywhere. This leaflet includes a symptom checklist that you may find helpful.

Due to my cancer treatment, I need urgent access to a toilet. Please can you help?



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# Symptom checklist

Some cancer treatments can cause changes in how the bowel or bladder work. These changes usually improve when treatment finishes. If side effects do not go away within 3 months of finishing treatment, or new side effects appear after this time, they are called late effects. If you have any of these symptoms after treatment finishes, talk to your cancer specialist, nurse or GP:

- bleeding from the vagina or back passage, or blood in your pee (urine)
- loose poo (stools), diarrhoea or severe constipation
- feeling like you need to go to the toilet but your bowel is empty
- cramps or spasms in the bowel or feeling like you have not emptied your bowel completely
- waking up from sleep to do a poo (pass stools)
- needing to rush to do a poo (urgency)
- leaking from the bowel (bowel incontinence)
- needing to pee (pass urine) urgently, leaking pee or having pain or difficulty peeing (passing urine)
- passing a lot of wind
- swelling in your legs
- pain or difficulty having sex (women), or problems getting or keeping an erection (men)
- pain in your hips, pelvis or lower back when you are walking.

For cancer support and information, call Macmillan on **0808 808 00 00** (Mon to Fri, 9am to 8pm) or visit [macmillan.org.uk](http://macmillan.org.uk)