

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**'I HAD BLOOD
IN MY POO
AND WENT TO
SEE MY DOCTOR
STRAIGHT AWAY.'**

John



Bowel cancer is the third most common cancer in the UK. It can affect both men and women. Most people who get bowel cancer are over 50.

Knowing what changes to look for and when to see your doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your doctor if you have any of these symptoms:

- Blood in your poo (stools or bowel motions) for three weeks or more.
- Looser poo or diarrhoea that lasts for three weeks or more.
- Pain or a lump in your tummy or back passage (rectum).
- Feeling like you haven't emptied your bowel properly after going to the toilet.
- Losing weight for no obvious reason.
- Feeling more tired than usual for some time.

Most people with these symptoms do not have bowel cancer – they can be caused by other things. But don't try to diagnose yourself – see your doctor. If you do have cancer, the sooner it's found, the more likely it is to be successfully treated.

You are not wasting your doctor's time by getting your symptoms checked.

The earlier bowel cancer is found, the more likely it is to be cured.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**