

# 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 that it will work everywhere.

For cancer support and information, call Macmillan on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit **macmillan.org.uk**

Keep this card and key ring in case you need urgent access to a toilet when out in public.

Please separate the card from the key ring.

Some cancer treatments can affect how your bowel or bladder works. This may mean that sometimes you need to find a toilet quickly.

Side effects usually improve when treatment finishes. If you still have side effects 3 months after finishing treatment, or if new side effects begin after this time, they are called late effects.

If you have bowel or bladder side effects during or after treatment, talk to your cancer doctor, specialist nurse or GP. There are often ways they can help.

You can find out more about coping with side effects and late effects on our website. If you would like to talk, you can:

- call the Macmillan Support Line on **0808 808 00 00**
- chat to our specialists online by visiting **macmillan.org.uk/livechat**
- visit our Online Community at **macmillan.org.uk/community** to talk to people who have been affected by cancer, share your experience, and ask an expert your questions.

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