



**Looser
poo for
3+ weeks?**

Or blood in your poo at any time?

Your GP wants to know. Chances are, it's nothing serious, but if it's bowel cancer, the time to know is **now**.

Why? 9 out of 10 people survive early stage bowel cancer, but sadly only 1 out of 10 people survives late stage bowel cancer. Seeing your GP promptly could **save your life**.

small
THE BIG C
Spotting cancer early saves lives



It's normal to see your GP about any one of these unexplained symptoms – it's probably nothing serious, but you're not wasting anyone's time by getting it checked out.

Tick the box if you have any of these unexplained symptoms:

- Looser poo for three or more weeks
- More frequent bowel motions for three or more weeks
- Feeling more tired than usual for three or more weeks
- Blood in your poo at any time
- Bleeding from your back passage at any time, even if you already have haemorrhoids/piles
- A lump in your tummy at any time
- Losing weight or loss of appetite for no apparent reason

If you've ticked any one of these boxes, show this card to your GP as soon as possible.

Don't wait for the symptom to get worse before you see your GP.

Take advantage of bowel screening:

Bowel screening helps to spot bowel cancer early, even before you have symptoms. If you're aged 60-74, look out for your bowel screening kit in the post. If you are aged 75 and over, or haven't received a kit in the last two years, call 0800 707 6060 to request one. Sending in a sample could save your life.

Make sure you're around for the people you love.

www.smallc.org.uk

NHS

Camden

Clinical Commissioning Group