

# Bowel cancer

## Know the symptoms

A lasting change in your bowel habit – going more often, looser motions or constipation

Blood in your poo or bleeding from your back passage

Unexplained weight loss

Trapped wind or fullness in your tummy

A lump in your tummy area or rectum

Feeling you have not emptied your bowel fully after going to the toilet

Pain or discomfort in your tummy area or back passage

These symptoms can be caused by conditions other than cancer, but it's important to go to the GP and get any unusual changes checked out, especially if they go on for more than 4 weeks.

**For more information  
Call our Support Line on  
Freephone 1800 200 700**