

Early Presentation of Cancer Symptoms:

National Cancer Action Team
Part of the National Cancer Programme

My Job?

Bowel Cancer Symptom Sheet

The early symptoms of bowel cancer include;

- blood in your poo (stools, faeces) and/or bleeding from your rectum (bottom),
- a change to your normal bowel habits that lasts for more than six weeks - diarrhoea, constipation, or passing poo more frequently than usual,
- abdominal pain (pain in the tummy),
- unexplained weight loss.

As bowel cancer progresses, it can sometimes cause bleeding inside the bowel which may mean that your body will not have enough red blood cells.

This can cause fatigue and breathlessness.

In some cases, bowel cancer can cause an obstruction in the bowel. This can cause;

- a feeling of bloating, usually around the navel (belly button),
- constipation
- vomiting.

Top symptoms to be aware of:

- Change in your bowel (toilet) habits which last for more than 6 weeks
- Lumps of pain in your tummy
- Any unexplained bleeding from your bum

People with symptoms should always contact their GP if they experience any of the symptoms that are listed above.

While the symptoms are unlikely to be the result of bowel cancer, these types of symptoms always need to be investigated further.

For more information visit
NHS Choices at:

www.nhs.uk