Bowel Cancer Prevention Checklist

Do

- Take part in bowel screening every 2 years while you are aged 50-74.
- Get moving, try to build 30 minutes of brisk walking into your day.
- Eat 5 or more portions of fruit and vegetables a day.
- Eat wholegrain bread, pasta, cereal and rice.
- Avoid foods high in fat and sugar.
- Maintain a healthy weight.
- Drink sensibly.
- Stop smoking stopping will have immediate and long term health benefits.

Your own doctor, nurse or local pharmacist will be able to advise you.

BOWEL DIARY

DON'T GET SCARED, GET CHECKED.





Symptoms

Symptoms of bowel (colorectal) cancer can include one, some or all of the following:

- Bleeding from your bottom/or blood in your poo
- A change in bowel habit which lasts for 6 weeks or more especially to looser or runny poo
- Losing weight when you are not trying to
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms do not have bowel cancer but where your symptoms last for 6 weeks or more, it is important to tell your doctor.

The diary opposite will help you to record your symptoms. Refer to the table below to help you to describe what your bowel motions look like.

THE BRISTOL STOOL SCALE				
Type 1		Separate hard lumps, like nuts (hard to pass)		
Type 2		Sausage-shaped but lumpy		
Type 3		Like a sausage but with cracks on its surface		
Type 4		Like a sausage or snake, smooth and soft		
Type 5	200	Soft blobs with clear-cut edges (passed easily)		
Type 6	AND THE REAL PROPERTY.	Fluffy pieces with ragged edges, a mushy stool		
Type 7	4	Watery, no solid pieces ENTIRELY LIQUID		

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BOWEL DIARY

Day	Time	Type (see Scale)	Bleeding? (dark/bright red)	Medications (please list all)
Mon 7th	10am E	X4AMPLE	Bright red - dripping	Laxative, aspirin, vitamins