

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.



