

BOWEL CANCER

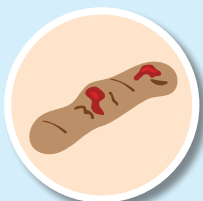
There are things we can all do reduce our risk of Bowel Cancer



Contact your doctor if you have any of the following symptoms:



A change in your bowel habit for more than 6 weeks: watery poo/ diarrhoea / constipation



Blood in your poo or from your back passage



Feeling like you have to poo even though you know your bowel is empty



Pain in your tummy or back passage



Unexplained lump in tummy



Losing weight without trying



Feeling tired all of the time - more than is normal for you

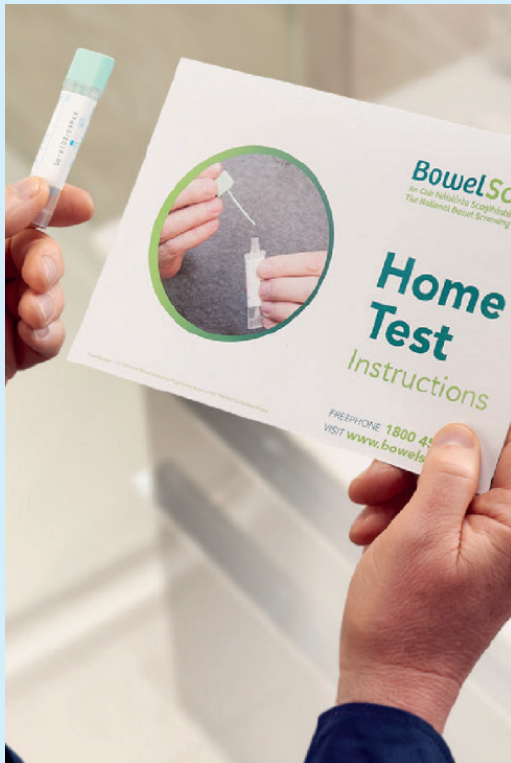


Out of breath more than is normal for you

Find early signs of BOWEL CANCER

- ✓ Bowel screening can find early signs of bowel cancer in people who feel well.
You can feel well and still have bowel cancer.
- ✓ It is a simple test that you can do at home if you are aged **59-69**.

Bowel Screening



Register for a **FREE**
Bowel Screen home
testing kit at:

www.hse.ie/bowelscreen

or

Freephone
1800 4545 55

**You will be invited to do a bowel
screening test every two years.**

If you notice changes to your
bowel movements/poo that go on
longer than 6 weeks, you should
discuss this with your doctor
without delay no matter when you
had a bowel screen or are due
your next bowel screen.



BowelScreen

The National Bowel Screening Programme



Adult
Literacy
for Life

FSS an Iarthair agus an Iarthuaiscirt
HSE West and North West

