



**Bowel Cancer UK**  
Beating bowel cancer together

# Know the symptoms of bowel cancer



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why



Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

If you have any of these symptoms, talk to your GP and ask about an at-home test.

To find out more, visit [bowelcanceruk.org.uk/symptoms](https://www.bowelcanceruk.org.uk/symptoms)

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