

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, it's important to ask your GP for an at-home test as soon as you can.

To find out more, visit bowelcanceruk.org.uk/symptoms