



Bowel Cancer UK
Beating bowel cancer together

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Surgery

Your healthcare team will talk to you about surgery options. You may be able to have an operation as your first treatment or after another type of treatment. Surgery is not suitable for every bowel cancer patient.

You may have open surgery or keyhole (laparoscopic) surgery.

Open surgery is when the surgeon makes one larger opening to remove the cancer.

Keyhole surgery is when the surgeon makes a few small openings to remove the cancer. The surgeon uses special instruments and a thin flexible tube with a light and camera on the end through the small openings to remove the tumour.

The type of surgery you have will depend on where the bowel cancer has spread. There is more information about surgery for bowel cancer that has spread to the liver on page 44, lungs on page 51, peritoneum on page 55, and other parts of the body on page 58.



There's more information about surgery in our booklet *Your operation*.

You can request a copy from your healthcare team, or download or order a copy from bowelcanceruk.org.uk/our-publications

Training advanced bowel cancer 21

Patient information catalogue

From diagnosis and treatment to living with and beyond bowel cancer

A catalogue for health professionals supporting people affected by bowel cancer

About Bowel Cancer UK

We're the UK's leading bowel cancer charity. We're determined to save lives and improve the quality of life of everyone affected by bowel cancer by championing early diagnosis and access to best treatment and care.

Our health information

We have a range of information resources, covering topics from diagnosis and treatment, to living with and beyond bowel cancer. These resources are free to download or order for everyone affected by bowel cancer.

We work closely with patients and experts to make sure all our information is high quality, accurate and easy to understand. We are members of the Patient Information Forum (PIF) and have PIF TICK accreditation across our resources. This means that the information we produce meets the quality standards set by PIF.

If you have any questions about how our information is produced, or have any feedback, please contact feedback@bowelcanceruk.org.uk



Scan here to view and download all our publications on our website for free, or visit [bowelcanceruk.org.uk/our-publications](https://www.bowelcanceruk.org.uk/our-publications)



Scan here to order physical copies of our resources for free, or visit [bowelcancerukpublications.org.uk](https://www.bowelcancerukpublications.org.uk)

We are gradually expanding our range of translated resources. Please check the website for the most up-to-date information [bowelcanceruk.org.uk/our-publications](https://www.bowelcanceruk.org.uk/our-publications)

Our resources

Diagnosis and treatment



Your pathway: A guide to bowel cancer treatment

An in-depth booklet for bowel cancer patients starting treatment, including cancer staging, treatment flow charts for colon and rectal cancer, information on surgery, radiotherapy and chemotherapy drugs, as well as plenty of patient stories.

- Available in English, العربية (Arabic), 繁體中文 (Chinese Traditional), Polski (Polish), ਪੰਜਾਬੀ (Punjabi), Română (Romanian), Українська (Ukrainian), اردو (Urdu) and Cymraeg (Welsh)
- Available to download and order



Your operation: A guide to bowel cancer surgery

A booklet with information on different types of surgery that patients may have to treat bowel cancer including resections, colectomies, keyhole and open surgery as well as an introduction to stomas. There are also useful tips on preparing for a hospital stay and recovering at home.

- Available in English
- Available to download and order



Eating well: A guide to diet and bowel cancer

A booklet with information about diet during and after bowel cancer treatment. We explain how different foods can help manage the symptoms of bowel cancer and provide tips for eating with a stoma, boosting appetite and eating healthily.

- Available in English and Cymraeg (Welsh)
- Available to download and order



Treating advanced bowel cancer: When bowel cancer has spread to other parts of the body

A booklet providing information about what advanced bowel cancer is and treatments for when bowel cancer has spread to the liver, lungs, peritoneum or other parts of the body. It also provides information on coping emotionally and maintaining a good quality of life.

- Available in English and Cymraeg (Welsh)
- Available to download and order



Younger people with bowel cancer: A guide for people under 50

Information to support younger people through the treatment pathway including diagnosis, treatment and how this can affect the body. It also provides practical advice for life after bowel cancer, about work and legal rights, money, insurance and travel.

- Available in English
- Available to download and order



About colonic stenting

A factsheet providing information about having a colonic stent fitted, the benefits and possible risks, and how to manage any changes in your bowel habit.

- Available in English
- Available to download



About robotic-assisted surgery

A factsheet explaining what robotic-assisted surgery is, how to prepare for your operation and what you can expect afterwards.

- Available in English
- Available to download



Newly diagnosed notebook

The newly diagnosed notebook is for anyone who has been recently diagnosed with bowel cancer. It provides advice on how to cope with diagnosis, where to find emotional and practical support and tips for family and friends.

- Available in English and Cymraeg (Welsh)
- Available to order for health professionals only



Food and symptoms diary

A diary template for patients to record their food intake and symptoms.

- Available in English
- Available to download

After treatment



Living well: Living with and beyond bowel cancer

This booklet provides information and advice for patients on life after bowel cancer treatment, including feelings after treatment and possible side effects from treatment.

- Available in English and Cymraeg (Welsh)
- Available to download and order



Practical tips: Work, money and travel

This booklet provides information and practical tips for working, managing money and travelling for people affected by bowel cancer.

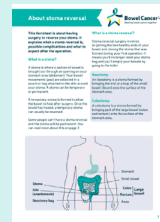
- Available in English and Cymraeg (Welsh)
- Available to download and order



Regaining bowel control: After bowel cancer treatment

This booklet explains how treatments can affect bowel function and provides advice on how patients can regain bowel control after bowel cancer treatment, and the support available to them.

- Available in English and Cymraeg (Welsh)
- Available to download and order



About Stoma Reversal

A factsheet with information about what a stoma reversal is, the possible risks and how to manage side effects afterwards.

- Available in English
- Available to download



Toilet access cards

This toilet access card and keyring token is for people who have received treatment for bowel cancer. It can be used to access toilets that are not usually available to the public. The leaflet contains information about how to use the toilet access card and how to get a Radar key.

- Available in English
- Available to order for health professionals only

About Bowel Cancer UK



How we can help you

A leaflet highlighting the different support services available from Bowel Cancer UK.

- Available in English and Cymraeg (Welsh)
- Available to download and order

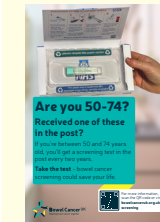
Raising awareness of bowel cancer



Symptoms poster

An A4 poster which highlights the common symptoms of bowel cancer.

- Available in English and Cymraeg (Welsh)
- Available to download and order



Screening poster

An A4 poster highlighting the bowel cancer screening programmes in England, Northern Ireland, Scotland and Wales.

- Available in English and Cymraeg (Welsh)
- Available to download and order



The facts about bowel cancer

This credit card sized leaflet summarises the facts about bowel cancer, including symptoms, risk factors and screening information.

- Available in English, العربية (Arabic), 繁體中文 (Chinese Traditional), Polski (Polish), ਪੰਜਾਬੀ (Punjabi), Română (Romanian), Українська (Ukrainian), اردو (Urdu) and Cymraeg (Welsh)
- Available to download and order



Simple steps for good bowel health

This booklet provides information on the steps people can take for good bowel health and reduce their risk of bowel cancer.

- Available in English and Cymraeg (Welsh)
- Available to download and order



Symptoms diary

This diary template aims to help people record the details of their symptoms before they visit their GP.

- Available in English and Cymraeg (Welsh)
- Available to download and order

About Bowel Cancer UK

We're the UK's leading bowel cancer charity.

We're determined to save lives and improve the quality of life of everyone affected by bowel cancer.

We support and fund targeted research, provide expert information and support to patients and their families, educate the public and professionals about the disease and campaign for early diagnosis and access to the best treatment and care.



Bowel Cancer UK



@bowelcanceruk

Please contact us if you have any comments about the information in this booklet:
feedback@bowelcanceruk.org.uk

Registered Charity Number 1071038 (England and Wales) and SC040914 (Scotland)
Version 1.0. Information correct at time of publication: June 2026. To be reviewed June 2027.