



June is Bowel Cancer Awareness Month



- ▶ Be bowel aware
- ▶ Screen to catch changes early
- ▶ If you notice changes or things don't feel 'right' see your GP



Having a positive result on your poo screening test (Faecal Occult Blood Test—FOBT) or bleeding from your bottom or seeing blood in your poo



Changes in your bowel habits (diarrhoea/ loose poo or constipation/ blocked up) for more than 4 weeks



Weight loss for no reason



Tired for no reason



Pain or a lump in your tummy

Age	Action
<40	Be bowel aware
40–50	Be bowel aware; consider buying your own FOBT kit; speak with your GP
50–74	Complete the National Bowel Cancer Screening Program FOBT kit when it comes in the mail; be bowel aware
>75	Speak with your GP; be bowel aware