

DON'T BRUSH IT OFF

Check your poo and save your life

WHY IT MATTERS

Bowel cancer is one of the UK's most common cancers – but it's highly treatable if found early.

Simple checks at home or a quick chat with your GP or Nurse Associate can make all the difference.

WHAT TO DO

✓ Check your poo

If you notice blood, changes in your bowel habits, or tummy pain – don't ignore it.

✓ **Use your NHS bowel screening (FIT) kit** If you're aged 50–74, you'll receive a free kit every two years. Use it and return it by post.

✓ Talk to your GP practice

If something doesn't feel right – no matter how small – your GP team is here to help.



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