

# Symptoms diary



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## Bowel cancer symptoms

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, go to see your doctor.

Find out more at [bowelcanceruk.org.uk](http://bowelcanceruk.org.uk)

## How to use this diary

- Use this diary to help you keep track of your symptoms before you talk to your doctor.
- Tick the relevant boxes each day you experience a symptom. Use the free text box to record any extra details, such as how often or severe your symptoms are.
- Keep a record of your symptoms for at least three weeks and take your diary with you when you visit your doctor.

## Visiting your doctor



To give your doctor as much detail as possible, it might also be useful to think about and note down answers to the following questions:

- When did you first notice your symptoms?
- Do your symptoms come and go?
- Are you going to the toilet more or less often than usual?
- Do you have any pain when you go to the toilet?
- Have any members of your family had cancer? If so, roughly how old were they and what type of cancer did they have?
- Have there been any changes in your life recently e.g. change in diet, medicines or any recent travel abroad?

## About Bowel Cancer UK

Bowel Cancer UK is the UK's leading bowel cancer charity. We're determined to save lives and improve the quality of life of everyone affected by the disease.

This diary was pioneered by Bethany Purvis, who was diagnosed with advanced bowel cancer at 37 years old. Bethany is passionate about improving early diagnosis for patients with bowel conditions.

**Beating bowel cancer together**

## Symptoms

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit\*
- Unexplained weight loss
- A pain or lump in your tummy
- Extreme tiredness for no obvious reason

\*Change in bowel habit means anything that isn't normal for you, for example looser poo or going to the toilet more or less often

### Week 1:

Date

M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S

### Week 2:

Date

M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S

### Week 3:

Date

M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S

## Other symptoms or details you would like to jot down

(For example if you notice any mucus in your poo, a sensation of wanting to go to the toilet without passing anything, changes in the colour and consistency of your poo or the number of times you're going to the toilet):

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