

# Information resources – From diagnosis and treatment to living with and beyond bowel cancer

A briefing sheet for healthcare 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 patient information

We have a range of information for everyone affected by bowel cancer. If you support people through diagnosis, treatment and living with and beyond bowel cancer, we can provide a range of free resources to help. We have worked closely with patients and experts to make sure that all of our information is high quality, accurate and easy to understand.

If you have any questions or would like to discuss ordering a supply of information for your ward or hospital, please contact our local team who would be delighted to hear from you:

Email [feedback@bowelcanceruk.org.uk](mailto:feedback@bowelcanceruk.org.uk) or call 020 7940 1760

## Our resources

Below we have provided a quick summary of our most recent and popular publications. Make sure to visit our website for further resources and information.



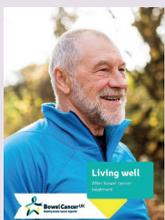
### What is bowel cancer? What it is, who's at risk and what to look out for

A simple A5 sized leaflet outlining what bowel cancer is, who's at risk and what symptoms to look out for.



### Your pathway: A guide to bowel cancer treatment

A detailed booklet for bowel cancer patients starting treatment, including cancer staging, treatment options including surgery, chemotherapy, radiotherapy, and targeted treatments. It also discusses follow up after treatment and where you can find more support.



### Living well: After bowel cancer treatment

Information and advice for patients on life after bowel cancer treatment, including feelings after treatment, having a healthy diet and keeping active, possible worries around follow up appointments, dealing with side effects and going back to work.



## Eating well: A guide to diet and bowel cancer

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.



## Younger people with bowel cancer: A guide for the under 50s

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.



## Your operation: Bowel cancer surgery

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.



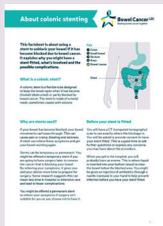
## Regaining bowel control: After bowel cancer treatment

A guide explaining how treatments can affect bowel function and advice on how patients can regain bowel control after bowel cancer treatment.



## Treating metastases \*Updated version coming soon\*

A booklet providing information about what advanced bowel cancer is and treatments for when bowel cancer has spread to the liver, lungs, peritoneal or other parts of the body. Please note this publication is currently under review.



## About colonic stenting

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

**Order and download all our resources for free at [bowelcanceruk.org.uk/ourpublications](http://bowelcanceruk.org.uk/ourpublications)**

**Share this information with colleagues** – spread the word, make sure you and your colleagues are up to date.

**Give us feedback** – is this information useful? Do you have suggestions for future communications? How have you used this information? Email us at [feedback@bowelcanceruk.org.uk](mailto:feedback@bowelcanceruk.org.uk)

**Get involved** – All of our health information is updated every two to three years. When we review our information and create new resources, we use healthcare professional reviewers to check our information for medical accuracy. We also have a group of volunteers who have been affected by bowel cancer. Let us know if you'd like to learn more.

**For more information email [feedback@bowelcanceruk.org.uk](mailto:feedback@bowelcanceruk.org.uk) or call 020 7940 1760**