

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.

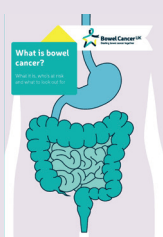
Our patient information

We have a range of free, **downloadable information resources** for anyone 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.

If you have any questions please contact feedback@bowelcanceruk.org.uk

Our resources

Click on the titles below to download our free resources.



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.



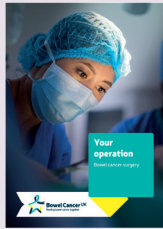
Eating well: A guide to diet and bowel cancer

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.



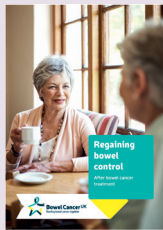
Younger people with bowel cancer: A guide for the under 50s

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.



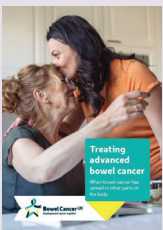
Your operation: Bowel cancer surgery

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 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.



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.



About stoma reversal

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

Download all our resources for free at [bowelcanceruk.org.uk/ourpublications](https://www.bowelcanceruk.org.uk/ourpublications)

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

Get involved – All of our health information is regularly updated with input from medical experts. If you'd like to help us review information please contact us.

Sign up for updates – If you're a healthcare professional you can sign up to our professional networks [here](#).

For more information email feedback@bowelcanceruk.org.uk