

Life after Colorectal Cancer

After the diagnosis of a cancer it is inevitable that most people will have some worries about the possibility that the cancer may come back. If this is going to happen, it will probably do so in the first three years after the operation. The longer you stay healthy the less the likelihood the cancer will come back. The more aware you are of the symptoms of reoccurrence, the sooner it can be checked out.

What should I look out for?

Everyone experiences occasional digestive upsets such as indigestion or wind. Usually these can be regarded as normal. However, if these symptoms persist for more than 2 weeks or worsen please let your GP know.

Particular symptoms to look out for include:

- Abdominal pain before or after meals
- Persistent feelings of fullness, bloating or wind
- Nausea or vomiting
- Loss of appetite
- Unexplained weight loss
- Indigestion
- Persistent diarrhoea, constipation or any alteration in bowel habit
- Change in colour or consistency of your stools, especially if they become black, dark red or slime
- Bleeding when you pass a stool
- Pain when you pass a stool
- A feeling that your bowels do not empty completely
- Generally feeling unwell, tired or lethargic

If you have any concerns about your symptoms you can also contact your Colorectal Nurse Specialist on (01872) 252693 or page via switchboard on (01872) 252000.