



## Contact your GP practice

If you've seen **blood in your pee – even just once**, or had **tummy trouble** such as **discomfort or diarrhoea for three weeks or more**, it could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

Your NHS wants to see you.  
[nhs.uk/cancersymptoms](https://www.nhs.uk/cancersymptoms)

Clear on  
cancer

Help us  
help you

A photograph of a middle-aged Black man in a light blue t-shirt, looking upwards with a concerned expression. He is standing in a bathroom, with his hands resting on the edge of a white sink. On the fingers of both hands, the word 'JUST' is tattooed in green ink. The background shows a shower area and a white door.

“Just a bit  
of blood”