

A photograph of a middle-aged man with a balding head and a mustache, looking slightly to his left with a concerned expression. He is shirtless and wearing plaid shorts. He has his hands clasped over his stomach. The word 'just' is written in black marker on his abdomen. He is standing in a doorway, with a green-tinted room visible in the background.

“Just a bit of
tummy trouble”

Contact your GP practice

If you've had **tummy trouble** such as **discomfort** or **diarrhoea for three weeks or more**, or seen **blood in your pee – even just once**, 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