

A woman with dark hair is lying in bed, looking distressed. She is wearing a purple sweater. Her right hand is resting on her belly, and the word 'Just' is written in blue ink on her palm. In the background, there is a bedside table with a lamp and a framed photo.

“Just a bit
uncomfortable”

Just 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



Clear on
cancer

Help us
help you