

Please note that this is NOT a diagnostic tool, but a guide to help you when talking to your GP. If you find that you have several symptoms listed here, this does not mean that you have cancer, but even just one is worth mentioning to your GP.

Read through the list and tick any symptoms you are experiencing. You can then show it to your GP, or use it to remind you of the symptoms you want to talk about during your appointment.

Symptoms that can be related to specific cancers	
A new mole or changes to a mole (bleeding, oozing, increased size, change in colour)	
Change to your skin or a sore that won't heal	
Unexplained lump or swelling anywhere on your body	
Changes to the size, shape or feel of a breast or chest (including nipple or skin changes)	
Mouth or tongue ulcer (three weeks or more)	
Blood in your poo	
Blood in your pee	
Vaguer symptoms	
Fatigue	
Loss of appetite	
Unexplained weight loss	
Unexplained pains or aches	
Very heavy night sweats	
Unexplained bleeding or bruising (coughing up or vomiting blood, unexplained vaginal bleeding)	
Croaky voice, hoarseness, or cough that won't go away	
Breathlessness	
Difficulty swallowing	
Heartburn or indigestion (three weeks or more)	
Bloating on most days	
Problems with peeing (needing to go more often, pain when peeing, difficulty peeing)	
Changes to bowel habits (constipation, looser poo or pooing more often)	

It is hard for GPs to fully put your mind at rest when they don't understand what you are worried about, and short appointments mean they won't always get the full picture. You can help them by being clear about your concerns.

Take a look at the following list and mark up anything that you may want to say to your GP.

- I'm feeling worried about cancer because I have a family history / have previously had cancer / recognize that I have several symptoms.
- I feel like something is wrong and it is making me anxious.
- Because I am worried I am not processing what you are saying very well / I am having trouble understanding your accent, so please could you speak slower/ may I write down what you are saying?
- I have explained my symptoms before and I don't feel like they are being taken seriously.
- These are problems I have had for ____ weeks/months and they are not going away on their own.
- Is there a chance that you may be dismissing cancer as a possibility because of my age / gender / general health?

Questions you may want to ask your GP if you are being referred for further investigation

- What are the tests and what will they show?
- How long am I likely to be waiting for an appointment?
- How will I hear about the appointment, i.e. letter or phone call?
- What is the department I am being referred to and how do I contact them if the appointment doesn't arrive within ____ days / weeks / months?

It can be hard to remember everything you get told at an appointment, so you can always write things down: