

Colon Cancer Symptom Checklist

Instructions: Please check (✓) any symptoms you've experienced in the past few months. Add notes if symptoms are new, worsening, or persistent.

Bowel Changes		
Symptom	Check if present	Duration / Notes
Change in bowel habits (constipation or diarrhea)		
Narrow or ribbon-like stools		
Feeling that bowel doesn't empty completely		
Rectal pain or discomfort		
Bowel Changes		
Have you noticed bright red blood on the toilet paper?	Yes No	
Have you noticed bright red blood in the bowl?	Yes No	
Have you noticed bright red blood mixed with stool?	Yes No	
How often have you noticed blood?	Once Occasionally Frequently Every bowel movement	
When did you first notice blood in your stool?		
Is the blood on the stool or mixed within it ?	On stool Mixed in stool Not sure	
Blood and Stool Appearance		
Symptom	Check if present	Duration / Notes
Blood in stool (bright red)		
Dark or tarry stools		
Mucus in stool		
General Health Changes		
Symptom	Check if present	Duration / Notes
Unexplained weight loss		
Fatigue or weakness		
Loss of appetite		
Nausea or vomiting		
Family and Screening History		
Have you ever had a colonoscopy?	Yes No <i>If yes, year:</i>	
Any family history of colon cancer or polyps?	Yes No <i>Who:</i>	
Have you been diagnosed with inflammatory bowel disease (Crohn's, ulcerative colitis)?	Yes No	
Notes for Your Doctor		