

“AS I WRITE THESE DIARIES, I AM UNCERTAIN OF THE STORY’S OUTCOME. EARLIER THIS YEAR, I QUIT ALCOHOL FOR FIVE MONTHS DURING ULTRAMARATHON TRAINING.

UPON RESUMING, I EXPERIENCED DISCOMFORT.

IN SEPTEMBER, AFTER A FIRST STEAK IN 5+ YEARS WHILST IN MENORCA, I FELT PERSISTENT PAIN IN MY LEFT SIDE,

MARKING THE BEGINNING OF A MUCH LARGER ISSUE.”

“BOXING DAY, I DRAG MYSELF AND HEAD TO THE GYM.

I RUN 6 KM, AND I DO SO REALLY WELL; IT'S ME TELLING CANCER TO F%<sup>K</sup> OFF AND LEAVE ME ALONE.

EVEN THOUGH IT WON'T,

I FEEL LIKE I GET ONE UP ON IT EVERY TIME I RUN, EVERY TIME I EXERT MYSELF TO THE POINT WHERE I FEEL STRONGER, BETTER, MORE PREPARED FOR SURGERY.”

“WE LEAVE HOME AT 6:35 FOR A  
07:00 HOSPITAL CHECK-IN.

AT 11:30, I'M IN A GOWN, NERVOUS  
BUT NOT PANICKING.

I OVERHEAR A WOMAN SOBBING  
AFTER A MISCARRIAGE AND  
SUDDENLY REALISE I'M ABOUT TO  
HAVE SOMETHING REMOVED THAT  
I NEVER WANTED – SHE'S LOSING  
SOMETHING SHE DID.

THE BRIGHT LIGHTS IN THEATRE,  
THE MACHINES, THE SCREENS  
READY TO DISPLAY MY INSIDES...  
THEN THE KNOT IN MY STOMACH.  
IS IT FEAR, OR MY TUMOUR  
SENSING ITS TIME IS ALMOST  
UP?”

“WHAT I DO KNOW IS THAT I’M MANAGING TO FART, WHICH, FOR ME, IS FANTASTIC SINCE I KNOW IT’S SOMETHING I HAVE TO DO BEFORE I LEAVE THE HOSPITAL.

THAT’S ONE THING TO CHECK OFF. AND WHEN I SAY FART, I MEAN FAAAAAAAARRRRRRRRRTTTTTT.

RIP-ROARING, EARTH-SHUDDERING FARTS. I EVEN CATCH THE NURSE LAUGHING.

THE NIGHT IS A BLEND OF BEEPING MACHINES, MORPHINE ON DEMAND, AND PACING THE WARD – OVER 5,000 STEPS CLOCKED UP BEFORE THE MORNING ROUNDS.”

“TODAY IS DORKING WANDERERS’  
1000TH GAME,

SO I HAVE DORKING ON ONE IPAD AND  
LIVERPOOL V BRENTFORD ON THE  
OTHER.

SADLY, DORKING LOSE,

BUT LIVERPOOL WIN 2-0 WITH  
GOALS IN THE 91ST AND 93RD  
MINUTES.

I FIND THAT CHEERING REALLY  
HURTS!

THOSE 90 MINUTES NOT THINKING  
ABOUT CANCER, THE PAIN, OR THE  
BAG HANGING FROM MY STOMACH  
ARE TRULY WONDERFUL.

D-D-D-D-D.....DARWIN NUNEZ!

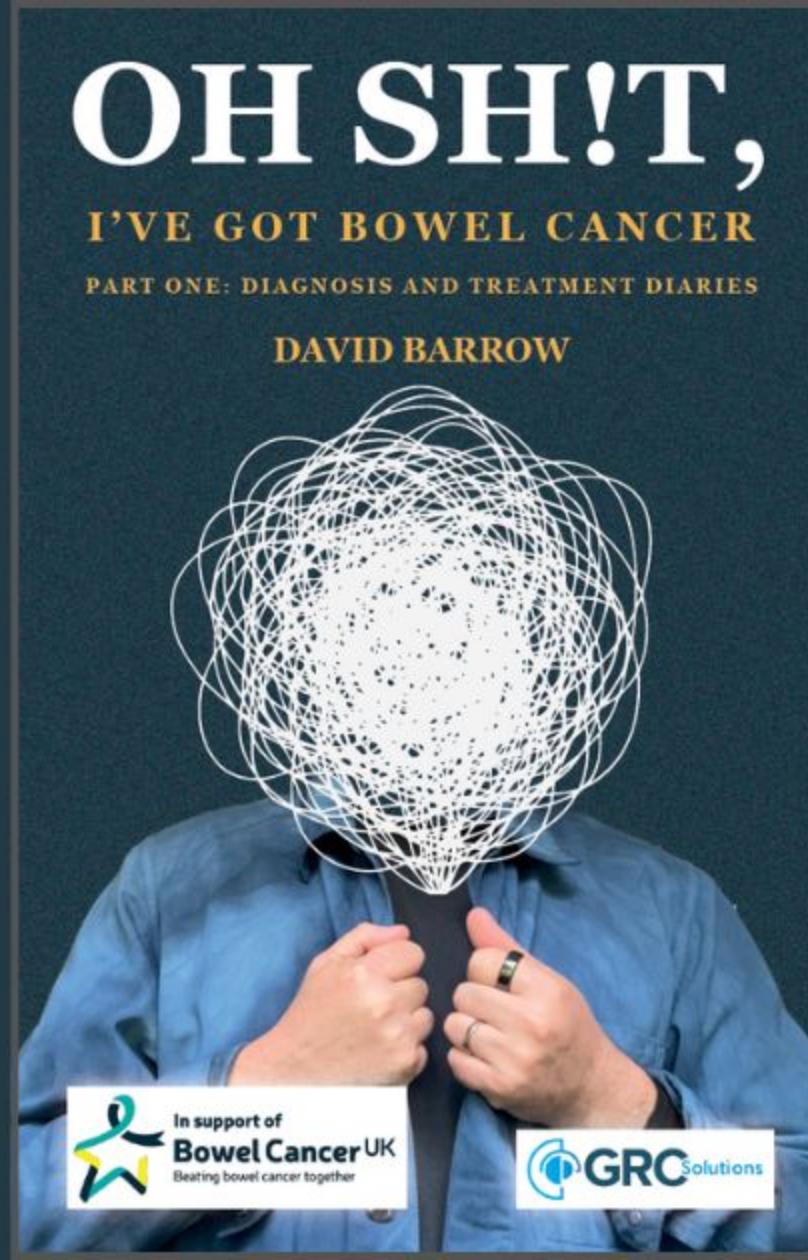
“MENTALLY, I AM SCARRED.

I STILL CANNOT SHAKE THE  
FEELING THAT ONE DAY THIS  
CANCER COULD TAKE ME  
AWAY.

BUT THANKS TO EMMA, MY  
FAMILY, MY FRIENDS, AND  
EVERYONE WHO HAS  
SUPPORTED ME, I FEEL LIKE  
I WILL GET THROUGH THIS.

THAT'S WHY THIS BOOK  
DOESN'T END WITH 'THE  
END' – IT CONCLUDES WITH,  
‘WHAT NEXT?’”

**BUY NOW**



**BUY NOW**

# OH SH!T,

## I'VE GOT BOWEL CANCER

PART ONE: DIAGNOSIS AND TREATMENT DIARIES

DAVID BARROW



In support of  
**Bowel Cancer UK**  
Beating bowel cancer together

 **GRC** Solutions