COLON CANCER SCREENING GUIDE

ARE YOU 45 OR OLDER?

YES

HAVE YOU BEEN SCREENED FOR COLON CANCER?

YES

Great job at looking out for your health! NOW TELL OTHERS TO GET SCREENED.

NO

NO

DO YOU KNOW YOUR SCREENING OPTIONS?

NO

SCREENING OPTIONS INCLUDE:
- Colonoscopy
- Virtual colonoscopy
- Sigmoidoscopy
- Take home screening
- Blood test

YES

Learn the signs and symptoms and understand your family history.

Talk to your doctor about the best on-time colon cancer screening test for you.

NO

NO

DO YOU KNOW YOUR SCREENING OPTIONS?

YES

Learn the signs and symptoms and understand your family history.

NOW TELL OTHERS TO GET SCREENED.
SCREENING OPTIONS
Talk to your doctor about the best test for you.

At a medical facility
These tests require a visit to a medical provider.

• Colonoscopy: every 10 years with normal results*
• Flexible sigmoidoscopy: every 5 years**
• Virtual colonoscopy: every 5 years*

Your doctor will look at your colon and rectum for polyps or evidence of cancer. Colonoscopies can also prevent cancer by removing polyps when they are found. These exams require a full colon cleansing (prep) on the day before the test.

• Blood test
If you are unable or unwilling to do a stool test or visual screening, a blood test is available through your primary care provider. Ask about availability and talk to your insurance company about coverage.

At home screening
These tests look for blood and/or abnormal cells in your stool. Testing kits are mailed back or returned to your health care provider. If blood or abnormalities are found, a colonoscopy is needed.

• Fecal Immunochemical Test (FIT): every year
• High Sensitivity Fecal Occult Blood Test (FOBT): every year
• Stool DNA test: every 3 years

In addition to preventive screening be sure to talk to your doctor about any symptoms you may be experiencing.

*Your doctor may recommend different timing for visual screening based on your health history and previous results.
** If a polyp or abnormal tissue is found a colonoscopy will be needed to examine the entire colon.

ColonCancerCoalition.org