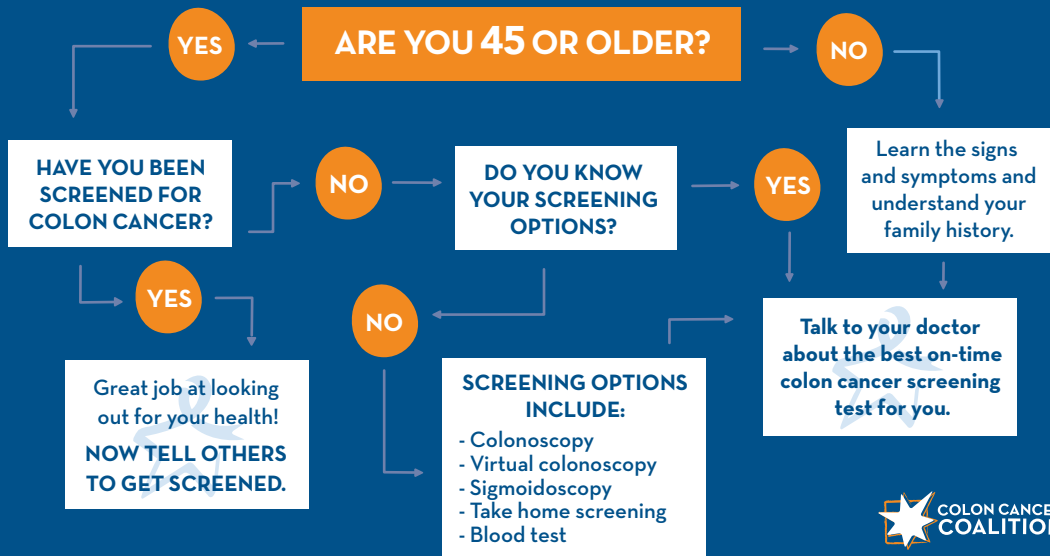


# COLON CANCER SCREENING GUIDE



# 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.*