

YOU HAVE CHOICES

Know colorectal cancer screening + prep options.



Sa'Yough W. Tunji, survivor

There are several ways to screen for colon cancer. Talk to your doctor about when to start screening and the best choice for you.

Screening options that require bowel prep

Visual-based screening at a medical facility look at the inside of the colon through either a scope inserted in the rectum or an X-ray of the full colon.

- **Colonoscopy**
- **Flexible sigmoidoscopy***
- **Virtual colonoscopy***

Colonoscopy prep options

Discover which option suits you best.

- **High-Volume** 4 liters (1 gallon) of liquid
- **Low-Volume** 2-3 liters (1/2 - 3/4 gallon) of liquid
- **Pills** 24 pills + 32 oz. of water
- **Over the Counter** Your doctor will provide a list of items for you to purchase

Screening options not requiring bowel prep

These screenings may be done at home or medical facility and may not require time off of work. They do need a doctor's prescription and results may require a follow-up colonoscopy.

- **FIT** and **FOBT** looks for blood in a stool sample
- **Stool based DNA/RNA** looks for colon cancer through both genetic markers and blood in a stool sample
- **Blood test** at a medical facility detects signals for colon cancer from DNA shed into the blood

Don't wait until you are 45 to talk to your doctor about screening. **Ask questions and discuss the best screening and prep option for you.**

*abnormal results require a follow-up colonoscopy



ColonCancerCoalition.org