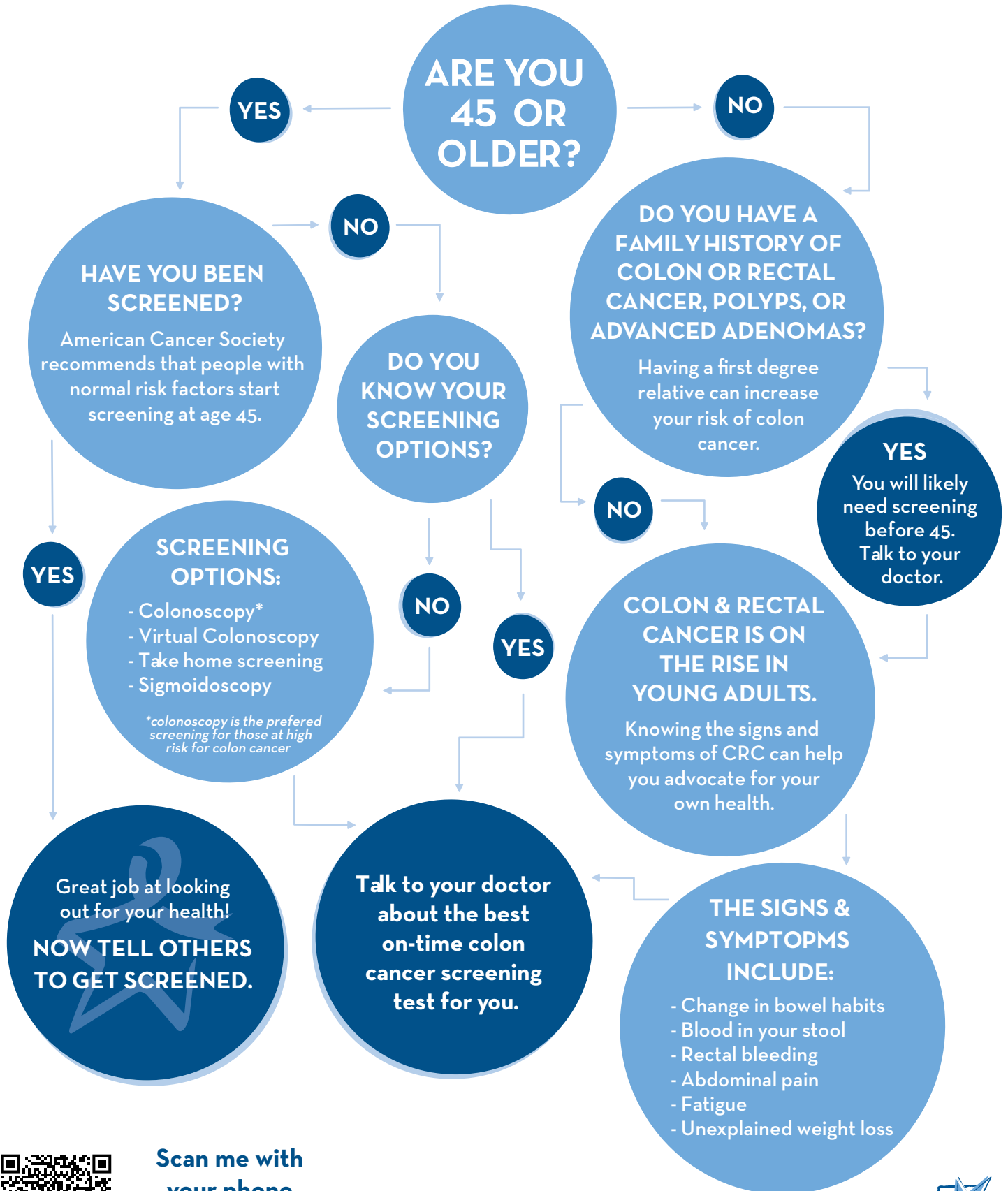


# COLON CANCER SCREENING GUIDE



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Information contained in this document has been evaluated for accuracy by the Colon Cancer Coalition's Medical Advisory Council.



# SCREENING OPTIONS

Talk to your doctor about the best test for you.

## AT-HOME STOOL-BASED TESTS

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
- mt-sDNA stool test: every 3 years

## VISUAL SCREENINGS

At a medical center 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.

- Colonoscopy: Every 10 years with normal results\*
- Virtual colonoscopy: Every 5 years\*

*\*Your doctor may recommend different timing for visual screening based on your health history and previous results.*

## KNOW YOUR RISK FACTORS

A family history of colon cancer or polyps and some medical conditions including Crohn's disease or ulcerative colitis means you should be screened before 45.








## BE AN ADVOCATE FOR YOUR HEALTH

Pay attention to changes in your body and any symptoms you experience. Talk to your doctor. Seek a second opinion if needed.

## REDUCE YOUR RISK

Maintain a healthy body weight. Get regular physical activity. Limit alcohol consumption. Reduce your intake of red and processed meats. Don't smoke.

## KNOW THE SIGNS AND SYMPTOMS

-  Blood in your stool
-  Change in bathroom habits
-  Fatigue
-  Anemia
-  Unexplained weight loss
-  Persistent cramps or low back pain
-  Feeling bloated

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