

Colorectal Cancer Screening

You have choices when it comes to colorectal cancer screening

The best test is the one that gets done

	 Colonoscopy (visual exam)	 Multi-target Stool DNA Test* (Cologuard®)	 FIT/FOBT* (fecal immunochemical test/ fecal occult blood test)
How does it work?	Uses a scope to look for and remove abnormal growths in the colon/rectum	Finds abnormal DNA and blood in the stool sample	Detects blood in the stool sample
Who is it for?	Adults starting at age 45	Adults starting at age 45	Adults starting at age 45
How often?	Every 10 years [†]	Every 3 years	Once a year
Non-invasive?	Moderately invasive, done at hospital or doctor office	Yes, done at home	Yes, done at home
Prep required?	Yes, however preps have greatly improved in recent years	No	No/Yes [‡]
Time it takes?	Prep: night before Procedure: next day	Time to collect and mail sample	Time to collect and mail sample
Covered?[§]	Covered by most insurers	Covered by most insurers	Covered by most insurers
Next steps	Abnormal growths (polyps) removed during colonoscopy for evaluation	If positive, a follow-up colonoscopy is needed	If positive, a follow-up colonoscopy is needed

*All positive results on non-colonoscopy screening tests should be followed up with a timely colonoscopy.

[†]For adults at high risk, testing may be more frequent and should be discussed with your health care provider.

[‡]FIT does not require changes to diet or medication. FOBT requires changes to diet or medication.

[§]Insurance coverage can vary; only your insurer can confirm how colon cancer screening would be covered under your insurance policy.

Regular screening can save your life.

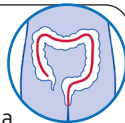
Choose an option to discuss with your provider today.

- Colonoscopy
 Multi-target Stool DNA test
 FIT/FOBT

VISUAL TEST

Colonoscopy

HOW OFTEN: **Every 10 years**



- ▶ Your provider uses a tube with a tiny camera to look for and remove polyps and cancer in your colon and rectum.
- ▶ You take a prep (tablets and something to drink) before the test to empty the colon. It causes diarrhea (watery stool.)
- ▶ You will be sedated and need a day off work. You will need someone to drive you.

STOOL TEST

Multi-target Stool DNA (MT-sDNA)

HOW OFTEN: **Every 3 years**

- ▶ You collect a bowel movement and stool sample at home using a kit your provider has shipped to you.
- ▶ It checks stool for blood and abnormal DNA caused by polyps or cancer.
- ▶ You mail your stool sample to a lab.



STOOL TEST

Fecal Immunochemical Test (FIT)

HOW OFTEN: **Once a year**

- ▶ You take a stool sample at home using a kit your provider gives you.
- ▶ It checks stool for blood in sample from one bowel movement.
- ▶ You mail your sample to a lab.

