












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 tube with a tiny camera 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 insurance	Covered by most insurance	Covered by most insurance
 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.



Watch this short video to learn why colorectal cancer screening is so important.

Regular screening can save your life.



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