












# Colorectal Cancer Screening

You have choices when it comes to colorectal cancer screening

*The best test is the one that gets done*

	 <b>Colonoscopy</b> (visual exam)	 <b>Multi-target Stool DNA Test*</b> (Cologuard®)	 <b>FIT/FOBT*</b> (fecal immunochemical test/ fecal occult blood test)
 <b>How does it work?</b>	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
 <b>Who is it for?</b>	Adults starting at age 45	Adults starting at age 45	Adults starting at age 45
 <b>How often?</b>	Every 10 years <sup>†</sup>	Every 3 years	Once a year
 <b>Non-invasive?</b>	Moderately invasive, done at hospital or doctor office	Yes, done at home	Yes, done at home
 <b>Prep required?</b>	Yes, however preps have greatly improved in recent years	No	No/Yes <sup>‡</sup>
 <b>Time it takes?</b>	Prep: night before Procedure: next day	Time to collect and mail sample	Time to collect and mail sample
 <b>Covered?<sup>§</sup></b>	Covered by most insurers	Covered by most insurers	Covered by most insurers
 <b>Next steps</b>	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.

<sup>†</sup>For adults at high risk, testing may be more frequent and should be discussed with your health care provider.

<sup>‡</sup>FIT does not require changes to diet or medication. FOBT requires changes to diet or medication.

<sup>§</sup>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.

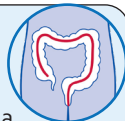
Choose an option to discuss with your provider today.

- 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.

