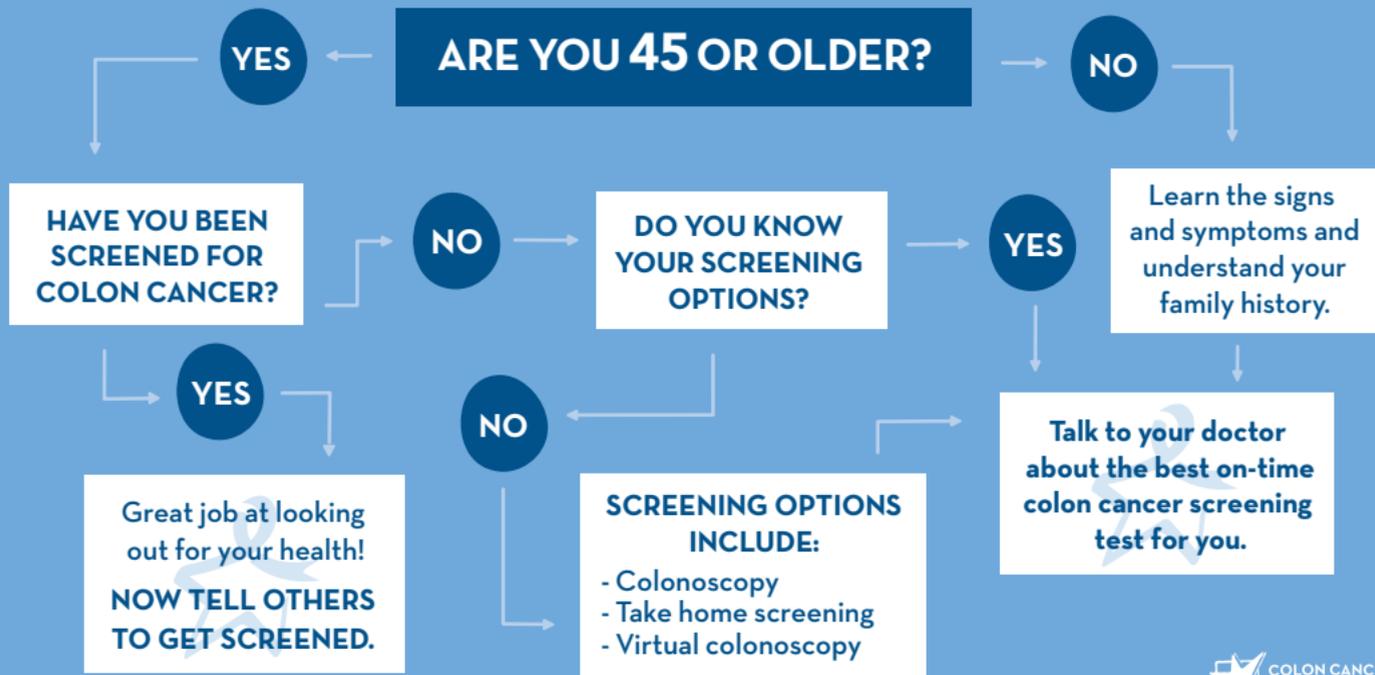


COLON CANCER SCREENING GUIDE



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.*

Symptoms include:

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