



# COLORECTAL CANCER SCREENING

The American Cancer Society recommends that adults age 45 to 75 be screened for colorectal cancer. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened. People at increased risk of getting colorectal cancer should talk to their doctor about when to begin screening, which test is right for them, and how often to get tested.

Stool-based tests look at stool for possible signs of colorectal cancer or polyps. If the results of any of these stool tests are positive (abnormal), a colonoscopy is needed to see if cancer is present.

## Stool-Based Tests

*Stool-based tests are done in the privacy of your home*

FIT (FECAL IMMUNOCHEMICAL TEST)	HS-GFOBT (HIGH SENSITIVITY GUAIAIC-BASED FECAL OCCULT BLOOD TEST)	FIT-DNA
<ul style="list-style-type: none"> <li>• Use antibodies (proteins) to detect hidden blood in the stool</li> <li>• No dietary or medication restrictions</li> <li>• Completed once a year</li> </ul>	<ul style="list-style-type: none"> <li>• Uses the chemical guaiac to detect hidden blood in the stool</li> <li>• Some dietary or medication restrictions</li> <li>• Completed once a year</li> </ul>	<ul style="list-style-type: none"> <li>• Combines FIT with a test that detects abnormal sections of DNA from cancer or polyp cells</li> <li>• Requires collection of an entire bowel movement</li> <li>• Completed every 3 years</li> </ul>
PREPARATION	PREPARATION	PREPARATION
<ul style="list-style-type: none"> <li>• Provided by a healthcare provider</li> <li>• Supplies typically include: a test kit, test tube or cards, long brushes or other collecting device, waste bag, and mailing envelope</li> </ul>	<ul style="list-style-type: none"> <li>• Provided by a healthcare provider</li> <li>• Supplies typically include: a test kit, test card, long brushes or wooden applicator, and mailing envelope</li> <li>• Usually requires samples from 3 straight bowel movements</li> </ul>	<ul style="list-style-type: none"> <li>• Kit comes in the mail</li> <li>• Supplies typically include: a sample container, a bracket for holding the container in the toilet, a bottle of liquid preservative, a tube, labels, and a shipping box</li> </ul>

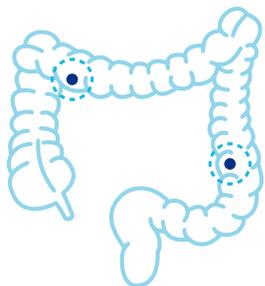
*\* Be sure to follow the instructions that comes with the kit. Questions about how to use the kit should go to the doctor's office. Once the samples have been collected, it should be returned as instructed in the kit.*

## Visual Testing

Visual examinations are tests done by a healthcare provider

FLEXIBLE SIGMOIDOSCOPY	COLONOSCOPY	VIRTUAL COLONOSCOPY
<ul style="list-style-type: none"> <li>• Checks the lower part of the colon and rectum</li> <li>• Uses a tube with a tiny camera to look for polyps and cancer</li> <li>• Requires time off work</li> <li>• Test is done every 5 years</li> </ul>	<ul style="list-style-type: none"> <li>• Checks the entire colon and rectum</li> <li>• Uses a tube with a tiny camera to look for and remove polyps</li> <li>• Requires time off work</li> <li>• Requires having a driver</li> <li>• Test is done every 10 years</li> </ul>	<ul style="list-style-type: none"> <li>• Checks the entire colon and rectum</li> <li>• Uses an x-ray machine to look for polyps and cancer inside the colon and rectum</li> <li>• Requires time off work</li> <li>• Test is done every 5 years</li> </ul>
PREPARATION	PREPARATION	PREPARATION
<ul style="list-style-type: none"> <li>• Must follow a clear liquid diet</li> <li>• The day of the test, 1 to 2 enemas must be taken to empty the colon</li> </ul>	<ul style="list-style-type: none"> <li>• Must follow a clear liquid diet</li> <li>• The night before and the morning of the test, a prep is used to empty the colon</li> <li>• Prep includes tablets and something to drink</li> </ul>	<ul style="list-style-type: none"> <li>• Must follow a clear liquid diet</li> <li>• The night before and the morning of the test, a prep is used to empty the colon</li> <li>• Prep includes tablets and something to drink</li> </ul>

\* If the flexible sigmoidoscopy or virtual colonoscopy is positive, a colonoscopy is needed to find out whether there are polyps or cancer present



### How much does colorectal cancer screening cost?

- Most insurance plans, including Medicare, cover a colorectal cancer test. Please be sure to check with your insurance company.
- The Kentucky Colon Cancer Screening Program (KCCSP) is providing funding for **free colonoscopy screening** to eligible Kentucky residents, in select areas, who are uninsured or underinsured. Please check with your local health center to see if they offer this program.