

COLORECTAL CANCER SCREENING

Can Help Save Lives

If you're 45 or older, you should get screened for colorectal cancer. Several types of tests can be used, and no matter which test you choose, the most important thing is to get tested.¹

COLORECTAL CANCER: *The Basics*

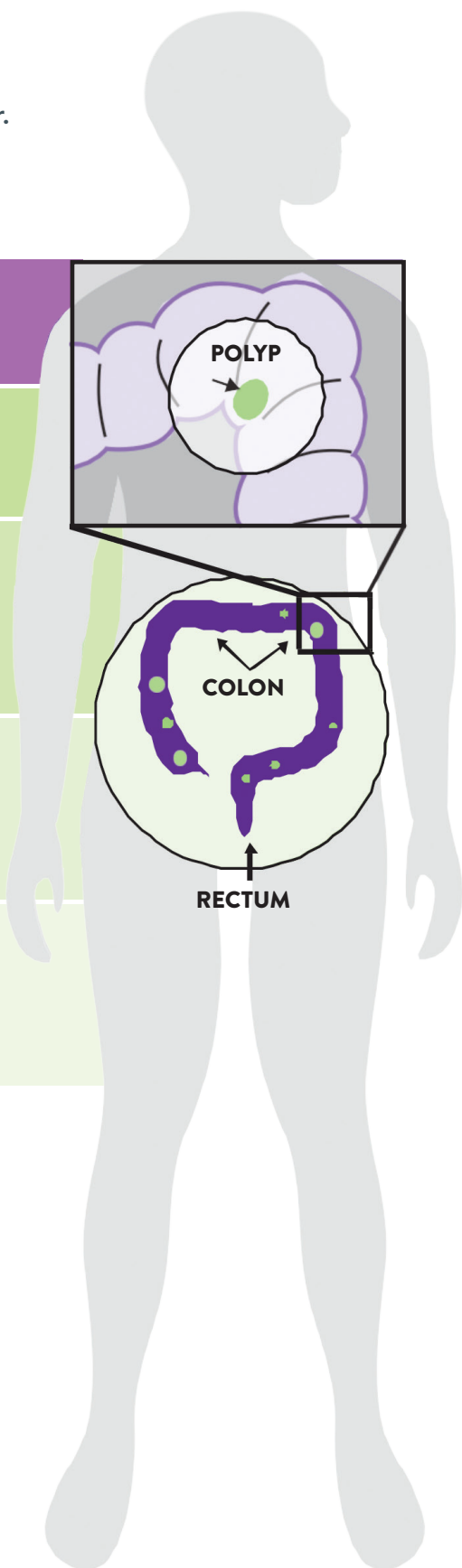
Most colorectal cancers begin as a "polyp" (abnormal growth) in the colon or rectum.²

When cancer starts in the colon or the rectum, it is called colorectal cancer. These cancers can also be called colon cancer or rectal cancer, depending on where they begin.²

Some types of polyps can change into cancer over time, but not all polyps become cancer. Removing polyps is a way to prevent cancer from developing.²

Colorectal cancer is the second-leading cause of death from cancer in the United States, yet it can be prevented or detected at an early stage.³

References: 1. US Preventive Services Task Force, Bibbins-Domingo K, Grossman DC, et al. Screening for colorectal cancer: US Preventive Services Task Force recommendation statement. *JAMA*. 2016;315(23):2564-2575. 2. Centers for Disease Control and Prevention (CDC). Colorectal Cancer Screening Saves Lives. Revised April 2017. CDC Publication #99-6948. 3. American Cancer Society. Understanding colorectal cancer screening: colorectal cancer screening: which test is right for you? <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/colorectal-cancerscreening-which-test-is-right-for-you.pdf>. Published 2018. Accessed June 14, 2019.



VISUAL TESTS

- A healthcare provider does these tests to look inside your colon and rectum.
- The day before the test, you have to follow a clear liquid diet. You will also take a prep (either tablets and something to drink or an enema) before the test to empty your colon. The prep causes diarrhea (watery stool).

COLONOSCOPY: *(How often: every 5 – 10 years)¹*

- This test uses a tube with a tiny camera to look for and remove cancer and polyps inside your colon and rectum. You will be put to sleep during this test.
- You will need to take one or two days off work. You will also need someone to drive you to and from the test.
- Most insurance plans, including Medicare, cover this screening test. Check with your insurance company about your coverage.

STOOL TESTS

- You can do these tests at home by taking a stool sample and mailing it to a lab.
- You do not have to prep (cleanse) your colon for these tests.

COLOGUARD: *(MT-sDNA) (How often: every 3 years)¹*

- This test checks your stool for blood and abnormal DNA from polyps or cancer.
- You will have a bowel movement into the container provided in the kit. You will also collect a small sample of that stool and put it in a vial.
- The kit will come with instructions for how to mail your samples to the lab.
- You do not have to change your diet for this test.
- You do not need to take time off work.
- If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.
- Some insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.



SCAN THE QR CODE

Learn How Cologuard Works

FECAL IMMUNOCHEMICAL TEST (FIT): *(How often: once a year)¹*

- This test checks for blood in your stool.
- You will place a little stool on cards or in vials and mail your samples to the lab as directed by the kit instructions.
- You will not have to change your diet for this test.
- You do not need to take time off work.
- If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.
- Most insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.