

Which Screening Test is Best for You?

Initial Considerations: Health Status/History

IF ANY OF THE FOLLOWING APPLY TO YOU:

- 1 One first-degree relative (sibling or parent) with colorectal cancer diagnosed before age 60
- 2 Two first-degree relatives (sibling or parent) with colorectal cancer diagnosed at any age
- 3 A personal history of colon cancer or pre-cancerous polyps
- 4 A current or previous diagnosis of Ulcerative Colitis, Crohn's Disease, Familial Adenomatous Polyposis or Lynch Syndrome
- 5 A family history of Lynch Syndrome or Familial Colon Cancer Syndrome X
- 6 You previously completed a screening colonoscopy and were instructed to complete your next colonoscopy within less than 10 years (example: 5 years)

SCHEDULE A SCREENING COLONOSCOPY

If none of the above are true, you have the choice between colonoscopy or FIT test. See comparison table below to help you decide.

	FIT Test	Colonoscopy
Where does it occur?	At home	GI Outpatient Center or Hospital
How often?	Once every year if normal	Once every 10 years if normal
What does the test entail?	Collecting a sample of toilet water after a bowel movement and sending it off in mail	Colon scope procedure performed in outpatient clinic or hospital
Prep required?	No prep required	Pre-procedure prep (laxative solution)
Advantages	No pre-procedure prep Non-invasive Minimal time investment	Best chance of finding something if it is there Precancerous polyps can be removed at the same time they are found
Disadvantages	Less likely to find pre-cancers Must be repeated each year If positive for blood, must have a colonoscopy anyway, which may result in additional out-of-pocket costs	Pre-procedure prep Small risk of complications Anesthesia required Transportation to/from test required
Cost	\$	\$\$

Secondary Considerations