

Choosing which colon and rectal cancer screening option is right for you



You can make choices about your health. Screening for colon and rectal cancer is recommended for everyone between the ages of 50 to 75. Choosing to do screening can save your life. Your age and other health factors affect when and how you should be screened.

Use this tool to talk to your doctor about 3 screening options. Each Column below outlines 1 way to do screening. Compare each option to choose which screening method is best for you.

Remember, the **best** screening option is the one that gets done!

Note: if you have a history of colon cancer or bowel disease, or have a close relative with colon cancer or polyps, a colonoscopy may be the best choice for you.

	FIT (Fecal Immunochemical Test)	Cologuard FIT-DNA	Colonoscopy
What is it?	Stool is checked for blood (not seen by the naked eye) by taking a sample and mailing it in.	Stool is checked for cancer markers and blood (not seen by the naked eye) by taking a sample and mailing it in.	A lighted scope with a camera is used to look at the colon and rectum. This finds tissues and cells that are not normal.
Where is it done?	You collect a sample at home and return test kit to clinic or mail it back using proper postage.	A test kit will be mailed to your home. You will collect a sample and mail the test kit back (address label and postage stamp included).	Your provider will give this test at the hospital in a procedure room. Medications will be given to you to provide comfort.
How often?	Complete every 1-year if normal *If test is not normal, you will need a colonoscopy	Complete every 3-years if normal *If test is not normal, you will need a colonoscopy	Completed every 10-years if normal *May include a biopsy or polyp removal if needed
How do I get ready?	No preparation or diet restrictions required	No preparation or diet restrictions required	Requires fasting and a cleaning of the colon with a laxative
What is the cost?	Low Cost – check with your insurance (often covered)	Variable cost – Check with insurance (sometimes covered)	Higher cost – check with insurance (often covered if qualified)