

Colorectal Cancer Screening

Who should be screened?

- **All adults 50 years or older**
- If a **FIRST DEGREE RELATIVE** had colon cancer or adenomatous polyps **BEFORE AGE 60**, screening should begin at 40 years old or 10 years before the relative was diagnosed with cancer
- If **2 OR MORE FIRST DEGREE RELATIVES** had colon cancer at any age, begin screening at 40 years old
- If a history of genetic colon polyp disorders, **LOOKUP GUIDELINES FOR THE DISORDER**

How do we screen?

- Colonoscopy is gold standard. A colonoscopy can detect pre-cancerous polyps and cancers in earlier stages
- FOBT (fecal occult blood test) testing/ FIT (fecal immunochemical test) when done every year are highly sensitive for detecting early stage colorectal cancer. They do not detect pre-cancerous polyps.
 - Positive tests must be referred to gastroenterology for colonoscopy follow-up

Why does screening matter for you?

- Colon cancer is the second deadliest cancer in the United States every year.
- Colon cancer doesn't have symptoms until it has grown to be large, or has spread outside of the colon.
- Screening catches cancer earlier!
- When colon cancer is caught at an early stage, up to 90% of patients survive at 5 years.
 - When the cancer has spread beyond the colon to other organs, only 10% of patients are alive at 5 years after diagnosis
- Screening 70.5% of eligible patients is a goal of the Healthy People 2020 initiative!

How to use your FOBT kit

Step 1: Prepare the card

- Write your name, age, and address on the card and store it in the envelope
- Write the date on section 1 of the card



Step 2: Collect Stool

- There will be a piece of toilet tissue in the kit. Take this piece of toilet paper and float the middle in the water, so the edges of the toilet tissue stick to the side of the toilet bowl
- Poop as normal, and allow the stool to fall onto the paper
- Lift paper from the sides of the toilet bowl to collect the stool



Step 3: Place Stool on Card

- Open the front of section 1
- Use a stick in the kit to take a small amount of stool from the tissue paper, and thinly smear this over the box labeled: A
- Use the same stick to take another sample from a separate portion of the stool. Smear this in the box labeled: B
- Dispose of tissue/stool in the toilet, and wrap the stick in toilet paper to dispose in trash



Step 4: Close the cover of section 1

Step 5: Repeat Steps 1-3 on Sections 2 and 3 when you have your next bowel movements

Step 6: Follow kit mailing instructions, or return to your doctors office