

Which screening test is right for me?

There are many tests that can help detect colon cancer. Three of them recommended by the US Preventive Services Task Force are: colonoscopy, fecal occult blood testing (FOBT), and fecal immunochemical testing (FIT).¹

Here are some considerations when thinking about each test. Discuss these options with your doctor to choose which test is right for you.



Colonoscopy



Fecal occult blood testing (FOBT)



Fecal immunochemical testing (FIT)

Description of the Test

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| <ul style="list-style-type: none"> • Long, thin, flexible, lighted tube inserted in the rectum² • Examines rectum and entire colon to check for polyps and some cancers² | <ul style="list-style-type: none"> • A home test used to check for any hidden blood in stool^{2,3} | <ul style="list-style-type: none"> • A home test used to check for hidden blood in stool^{2,3} |
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How Often Is This Test Recommended?

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| <ul style="list-style-type: none"> • Once every 10 years² | <ul style="list-style-type: none"> • Once every year² | <ul style="list-style-type: none"> • Once every year² |
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What Do I Need to Know?

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| <ul style="list-style-type: none"> • A colonoscopy usually requires a special diet and laxatives before the test³ • During the test, medication will keep you comfortable and sleepy³ • If a polyp is found, it can be removed and tested³ | <ul style="list-style-type: none"> • FOBT may require collection of up to 3 stool samples³ • You may need to follow a certain diet before the test since some foods or drugs can affect the results³ • Usually completed at home² | <ul style="list-style-type: none"> • Like the FOBT, FIT can usually be done at home² • No special diet required for FIT³ |
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NOTE: There are more tests that your health plan may cover as preventive screening. Talk with your doctor and your health plan's member services to review your specific benefits.

To learn more about colon cancer and screening, visit

www.LoveYourColon.org

References: **1.** U.S. Preventive Services Task Force. Colorectal cancer: screening. U.S. Preventive Services Task Force. <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/colorectal-cancer-screening2?ds=1&s=colorectal>. Accessed January 24, 2017. **2.** Centers for Disease Control and Prevention. Colorectal cancer screening tests. Centers for Disease Control and Prevention. http://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm. Accessed January 25, 2017. **3.** American Cancer Society. Colorectal cancer screening tests. American Cancer Society. <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/screening-tests-used.html>. Accessed January 25, 2017.