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.

<table>
<thead>
<tr>
<th>Test</th>
<th>Description of the Test</th>
<th>How Often Is This Test Recommended?</th>
<th>What Do I Need to Know?</th>
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| Colonoscopy                               | Long, thin, flexible, lighted tube inserted in the rectum²  
Examines rectum and entire colon to check for polyps and some cancers² | Once every 10 years²              | 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 |
| Fecal occult blood testing (FOBT)         | A home test used to check for any hidden blood in stool²,³ | Once every year²                   | 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 |
| Fecal immunochemical testing (FIT)        | A home test used to check for hidden blood in stool²,³ | Once every year²                   | Like the FOBT, FIT can usually be done at home²  
No special diet required for FIT³ |

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