

Which Screening is Right for You?

Early detection through screening can save lives. Colon cancer is the:

**1st leading cause
of cancer death in
men under 50**

**2nd leading cause
of cancer death in
women under 50**

**2nd leading cause of
cancer death in men and
women combined in the U.S.**

KNOW YOUR RISK

High risk	Average risk
<input type="checkbox"/> Family history of colon or rectal cancer or precancerous polyps	<input type="checkbox"/> You are age 45 or older
<input type="checkbox"/> Family history of colorectal cancer syndrome	<input type="checkbox"/> No prior colon cancer or polyps
<input type="checkbox"/> Previously removed precancerous polyps or cancer	<input type="checkbox"/> No factors that define high risk
<input type="checkbox"/> Previous diagnosis of ulcerative colitis or Crohn's disease	

SCREENING OPTIONS

	Colonoscopy	Cologuard	FIT
How does it work?	A visual exam of the colon using a scope to look for and remove abnormal growths in the colon and rectum	Finds blood and abnormal DNA in stool (poop)	Finds blood in stool (poop)
Who is it for?	Adults at high or average risk	Adults at average risk	Adults at average risk
How often is it done?	Every 7 to 10 years for routine testing	Every 3 years	Once each year
Is a prep required?	Yes. Fasting and complete bowel prep with a laxative is required for 24 hours before the procedure	No	No
What if I have a positive result?	If found, polyps are removed when during the procedure and sent to a lab for testing	You will need a colonoscopy to determine the reason for the positive result	You will need a colonoscopy to determine the reason for the positive result
What else should I know?	Colonoscopy detects and prevents both polyps and cancers at the highest rate	Does not detect all polyps and can miss larger polyps that may become cancer	Does not typically detect polyps or altered DNA, a better indicator of cancer