



# Early detection is key

## Which test is best for you?

United States Preventative Services Taskforce recommends colon cancer screening for most people over 45.

If you are over 45 or have a family history of colorectal cancer, talk to your doctor.

	How it works	Benefits	Limits	How often
<b>iFOBT</b> also called a FIT	This test checks for hidden blood in the stool. You are sent home with a kit from your healthcare provider. Once complete your healthcare provider will discuss the results with you.	This test is easy and inexpensive. You take the test in the comfort of your own home. This test finds early cancers and some large polyps before they become cancer.	This test misses many large and small polyps and up to 12 out of 100 cancers. You will need a colonoscopy if the test is positive for blood or DNA.	Once a year.
<b>Cologuard</b>	This test identifies altered DNA and/or blood in stool, which are associated with the possibility of colon cancer or precancer. Cologuard is available by prescription from your healthcare provider. Once complete your healthcare provider will discuss the results with you.	This test is easy and inexpensive. The container is mailed to your home and you return it in the mail. This test finds early cancers and some large polyps before they become cancer.	This test is recommended for low-risk patients. This test misses up to 8 out of 100 cancers. You will need a colonoscopy if the test is positive for blood or DNA.	Every three years
<b>Colonoscopy</b>	Healthcare providers can spot and remove polyps during a colonoscopy, which uses a flexible, lighted tube to examine the colon and rectum. A colonoscopy is scheduled through a referral from your provider.	This is the best way to find cancer early. The doctor can find and remove polyps before they turn into cancer. This test finds small and large polyps.	This test misses some cancers (less than 4 out of 100). You must clean your colon. You will need a driver on the day of the exam and would need to take the day off from work.	Every ten years or more often, depending on what is found on the colonoscopy and any biopsies that were done