

Colorectal Cancer

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Colorectal cancer starts in either the colon or the rectum. It is the second leading cause of cancer death in the U.S.

Routine Screenings (Tests)

Colorectal cancer responds best to treatment when it is found and treated as early as possible. Screening (testing) starts at age 45. Allina Health recommends 3 screens:

- **colonoscopy:** This procedure is done once every 10 years at a clinic or hospital. The provider uses a tiny camera with a light to look in your colon for polyps or cancer.
- **FIT (iFOBT):** This stool test is done once every year at home. It checks for unusual blood in your stool sample. You mail the sample to the lab for testing.
- **sDNA-FIT (Cologuard®):** This stool test is done once every 3 years at home. It checks for unusual blood as well as DNA from cancer or polyps in your whole stool sample. You mail the sample to the lab for testing.

Screens are usually covered by insurance providers. Call yours to find out what your plan covers.

Prevention

You can help prevent colorectal cancer.

- Get regular screening tests.
- Learn if your parents or siblings had polyps.
- Eat foods low in fat and high in fiber. Eat plenty of fruits, vegetables and whole grains.
- Do not use tobacco.
- Limit alcohol.
- Get regular exercise and maintain a healthy weight.

(over)

Option	How to Prepare	Possible Risks
Colonoscopy	<ul style="list-style-type: none"> ■ Follow the directions to empty (cleanse) your colon carefully. ■ You will need to go to the bathroom often. Plan to stay near a bathroom during this time. ■ Plan to have someone drive you home from the procedure. You will have sedation and won't be able to drive. 	<ul style="list-style-type: none"> ■ having a bad reaction to sedative ■ bleeding from where a tissue sample was taken or a polyp was removed ■ getting a tear (perforation) in your colon or rectum wall (affects 4 in 10,000 people)
FIT (iFOBT)	<ul style="list-style-type: none"> ■ Read the directions. Collect a sample and mail it within 1 to 3 days. ■ Your kit has an expiration date. ■ Collect your sample as soon as you can after receiving the kit. 	<ul style="list-style-type: none"> ■ needing a colonoscopy if hidden blood is found in your sample ■ not finding polyps ■ not finding cancer if you do not have the test each year
sDNA-FIT (Cologuard®)	<ul style="list-style-type: none"> ■ Read the directions. Collect a sample and mail it within 24 hours. ■ Your kit has an expiration date. ■ Collect your sample as soon as you can after receiving the kit. 	<ul style="list-style-type: none"> ■ needing a colonoscopy if hidden blood is found in your sample ■ not finding polyps ■ not finding cancer if you do not have the test every 3 years



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