

# Colorectal Cancer Screening Colonoscopy or FIT-Fecal DNA

## COLONOSCOPY

Repeat every 10 years, if negative

Prevents colon cancer by removing polyps before they can turn into cancer; most colon cancers start from polyps

Considered the gold standard in detecting colorectal cancer as well as precancerous lesions

With moderate sedation, you will be asleep for the procedure and feel comfortable

Backed up by decades of experience and data

The only recommended test if you have a family history of colon cancer or a personal history of colon polyps or colon cancer

The best test if you have symptoms or have a family history of colon cancer or a personal history of colon polyps or colon cancer

For insurance purposes, if done as a screening, it is considered preventive, therefore, will be covered at 100% by insurance leaving a \$0 out-of-pocket cost

## FIT-Fecal DNA (Cologuard®)

Repeat every 3 years, if negative

Mainly detects colon cancer once it's already there, missing 8% and only a 42.4% detection rate of precancerous polyps, making it a less effective preventive tool

If positive, you will need a colonoscopy

Painless

New test with only a few years of experience and few studies showing evidence of its value

Not indicated if you have:

- A family history of colon cancer
- A personal history of colon polyps
- A personal history of colon cancer
- Ulcerative Colitis
- Crohn's Disease

Not recommended if you have other symptoms such as diarrhea or rectal bleeding

For insurance purposes, if positive, your recommended colonoscopy will no longer be considered preventive and will not be covered at 100%

*National guidelines now recommend that screening begins at age 45 years for people of age risk. Some experts recommend screening beginning at age 45 for all people at average risk. Colonoscopy is the only test of the entire colon that has been shown to decrease both your chance of getting colon cancer and your chance of dying from colon cancer. Choose the most reliable and proven colorectal cancer prevention screening test - colonoscopy.*

For more information, visit [ValueOfColonoscopy.org](http://ValueOfColonoscopy.org)

