# Colorectal Cancer Screening

## Which test should you get?

<table>
<thead>
<tr>
<th>Average risk</th>
<th>Family history</th>
<th>History of colon polyps or cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If you’ve never had colorectal polyps or cancer...</strong></td>
<td><strong>If you have a family history of colon polyps or cancer...</strong></td>
<td><strong>If you’ve ever had colorectal polyps or cancer...</strong></td>
</tr>
<tr>
<td><strong>Begin screening at age 50</strong></td>
<td><strong>Colonoscopy may be recommended at age 40 or younger</strong></td>
<td><strong>Further follow-up is done with colonoscopy</strong></td>
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<tr>
<td>• Note: Screening is suggested beginning at age 45 for African Americans. Some experts recommend screening beginning at age 45 for all people at average risk.*</td>
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</tbody>
</table>

## Recommended Tests:

**Preferred Tests**  
- Colonoscopy every 10 years  
- Annual Fecal Immunochemical Test  

**Other Options**  
- FIT-fecal DNA (Cologuard®) every 3 years  
- CT colonography every 5 years  
- Flexible sigmoidoscopy every 5-10 years  
  - Colonoscopy is the best test for finding precancerous polyyps  
  - Colonoscopy is the only test that allows for removal of precancerous polyyps during the exam  
  - Colonoscopy is the only test recommended at 10 year intervals  
  - When any test other than colonoscopy is used and is positive, a colonoscopy must be performed to follow up

**Colonoscopy is the only test recommended for many individuals with a family history of colon polyps or colon cancer**

Depending upon the details of your family history, colonoscopy may be recommended beginning at age 40 or younger

**Talk to your doctor about the details of your family history**

**Colonoscopy is the only test established as safe and effective for polyp follow-up**

Your colonoscopy doctor will recommend how often you should repeat colonoscopy based on:

- The number and size of your precancerous polyyps  
- The type of precancerous polyps as reported by the pathologist  
- How your polyyps were removed  
- Or, if you have had colon cancer, the details of your cancer diagnosis and treatment

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For more information, visit [Screen4ColonCancer.org](http://Screen4ColonCancer.org) or [ASGE.org/Value-Of-Colonoscopy](http://ASGE.org/Value-Of-Colonoscopy)

This information is based on the document: Colorectal cancer screening: Recommendations for physicians and patients from the U.S. Multi-Society Task Force on Colorectal Cancer, July 2017

*The American Cancer Society recommends screening beginning at age 45 for people at average risk for CRC. American Cancer Society Guideline for Colorectal Cancer Screening, May 2018*