

COLON CANCER screening options

Call your provider if you have any questions.



Colonoscopy



Multi-target stool DNA test



Fecal immunochemical test (FIT)
fecal occult blood test (FOBT)

Gold standard of care	Yes, due to the ability to view the entire colon, and detect and remove polyps during the procedure. It is the only test suitable for individuals who have risk factors such as family history of colon cancer.	NO	NO
How it works	A visual exam; physician uses a scope to look for and remove abnormal growths (polyps) in the colon.	Finds abnormal DNA and blood in a stool sample; example Cologuard.	Detects blood in a stool sample.
Who	Adults age 45 and older with average or high risk.	Adults age 45 and older with average risk.	Adults with average risk.
How often	Every 10 years, unless otherwise noted by your doctor.	Every 3 years.	Yearly.
Invasive	Yes; procedure done at a medical facility.	No; sample collected at home.	No; sample collected at home.
Prep before procedure	Fasting and laxatives.	None.	FIT: No FOBT: Changes to diet or medication.
Length of test	Half a day for prep and a few hours for procedure.	The time it takes to collect the sample.	The time it takes to collect the sample.
Coverage	Most insurers cover it.	Most insurers cover it.	Most insurers cover it.
What happens if something is detected	Polyps are sent to lab for analysis.	Follow-up diagnostic colonoscopy.	Follow-up diagnostic colonoscopy.