For those at average risk for CRC, who should receive screening?
- All people 45 to 75 years of age.
- Certain people ages 76 to 85 years, based on shared decision-making.

Colonoscopy is the gold standard testing approach, but other screening options are available, including noninvasive stool-based tests that patients can use at home. Keep in mind that a positive result on any stool-based test will require a follow-up colonoscopy.

### CRC Screening Tools: Visual Examinations

<table>
<thead>
<tr>
<th>TEST</th>
<th>PERFORMANCE</th>
<th>BOWEL CLEANSING?</th>
<th>SEDATION?</th>
<th>INTERVAL BETWEEN TESTS</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colonoscopy</td>
<td>Highest</td>
<td>Full</td>
<td>Yes</td>
<td>10 years</td>
<td>Preferred test of the American College of Gastroenterology (ACG)</td>
</tr>
<tr>
<td>Flexible sigmoidoscopy</td>
<td>High (rectum and distal colon only)</td>
<td>Partial</td>
<td>No</td>
<td>5 years</td>
<td></td>
</tr>
<tr>
<td>Computed tomography colonography (CTC)</td>
<td>High (for large polyps)</td>
<td>Full</td>
<td>No</td>
<td>5 years</td>
<td></td>
</tr>
</tbody>
</table>

### CRC Screening Tools: Noninvasive Testing

<table>
<thead>
<tr>
<th>TEST</th>
<th>PERFORMANCE</th>
<th>NUMBER OF SAMPLES</th>
<th>DIETARY RESTRICTIONS?</th>
<th>INTERVAL BETWEEN TESTS</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guaiac-based fecal occult blood test (FOBT)</td>
<td>Intermediate (for cancer)</td>
<td>Multiple</td>
<td>Yes</td>
<td>1 year</td>
<td></td>
</tr>
<tr>
<td>Fecal immunochemical test (FIT)</td>
<td>Intermediate (for cancer)</td>
<td>Multiple</td>
<td>No</td>
<td>1 year</td>
<td>Noninvasive test preferred by the ACG</td>
</tr>
<tr>
<td>Multitargeted DNA</td>
<td>Intermediate (for cancer)</td>
<td>One</td>
<td>No</td>
<td>3 years</td>
<td></td>
</tr>
</tbody>
</table>

Patients may find next steps confusing after discussing CRC screening. Use page 2 of this tool to provide your patients with a written guide for what they can expect after agreeing to undergo CRC screening.
Colorectal Cancer Screening: What to Expect Next

Today, we have discussed the importance of colorectal cancer (CRC) screening, which can help to find polyps, or abnormal growths, before they turn into cancer. CRC screening can also detect FNA cancer early — before it spreads — which is when treatments work best.

Based on our discussion, you will receive CRC screening with the following test:

- Colonoscopy
- Flexible sigmoidoscopy
- Computed tomography (CT) colonography
- At-home stool-based test

Your next step will be to:

- Call the gastrointestinal (GI) clinic to make an appointment at ____________________ .
- Wait for a call from the GI clinic.
- Receive an at-home test in the mail from the manufacturer.
- Pick up your at-home test from our clinic.
- Other ____________________ 

Prior to your CRC screening test, you will need to prepare in the following ways:

- Bowel cleansing — follow the instructions of your GI specialist.
- Dietary restrictions — follow the instructions of your GI specialist or the manufacturer of your test kit.
- Medication restrictions — follow the instructions of your GI specialist or the manufacturer of your test kit.
- Transportation arrangements for the day of the procedure.

If your test is negative, you will need to be screened again after:

- 10 years
- 5 years
- 3 years
- 1 year
- Screening will no longer be recommended for you after this test

If you are taking a stool-based test, be sure to:

- Read and follow all instructions from the manufacturer.
- Use and return the test by the date indicated, usually within 2-3 weeks of receiving it.
- Remember, if your test results are positive, your next step will be to get a colonoscopy.

Resources

If you have any questions about what we have discussed today, please call or email the clinic.

More information about CRC screening can be found at the websites below.

- Cancer.net: Colorectal Cancer Screening — cancer.net/cancer-types/colorectal-cancer/screening.
- National Cancer Institute: Colorectal Cancer in Young Adults — gis.cancer.gov/mapstory/CRC/index.html.

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