

Colon Screening: What You Need to Know

Age Recommendation: 50-74 years old, experiencing no symptoms

Why Screen for Colon Cancer?

- Detect non-cancerous polyps and cancer early, increasing survival chances to over 90%
- Screen every 2 years with a FIT test or colonoscopy

FIT Test (Fecal Immunochemical Test):

- Detects blood in stool, a sign of pre-cancer
- Get a requisition from your provider and collect a kit from a laboratory location (e.g. LifeLabs)
- Complete the test at home and return the sample to the lab
- Results will be sent to your provider or available online through <https://www.healthgateway.gov.bc.ca/>

What if my FIT Test Result is Positive?

- A positive result does NOT mean you have cancer, it means blood was found in your stool
- BC Cancer will contact you to be referred for a follow-up appointment

Colonoscopy:

- Procedure done at the hospital by a GI specialist
- IV sedation and pain medication will be administered
- A colonoscope is inserted, and images are taken of the inside of your colon
- If a polyp is found, a sample may be collected for biopsy to determine if it is cancerous
- Results will be sent to your provider

Important Notes:

- If you experience abdominal pain, blood in stool, changes in bowel habits, or unexplained weight loss, speak with your provider for diagnostic testing
- Screening is for individuals with no history of adenomas or significant family history of colon cancer
- Talk to your provider to get referred for testing

Average risk	Fecal immunochemical test (FIT)
Screen every two years with FIT (most people).	

Higher than average risk	Colonoscopy
<p>Colonoscopy is recommended every three or five years if you are younger than 74 with a personal history of adenomas.</p> <p>Colonoscopy is recommended every five years if you have a significant family history of colon cancer, including:</p> <ul style="list-style-type: none"> • One first-degree relative (parent, sibling or child) with colon cancer diagnosed under age 60; or, • Two or more first-degree relatives with colon cancer diagnosed at any age. <p>For those with a family history of colon cancer, colonoscopy screening can start at age 40 or 10 years younger than the age of diagnosis of the youngest affected first degree relative – whichever is earliest.</p>	