

## Which screening test is right for me?

There are many tests that can help detect colon cancer, including colonoscopy, guaiac-based fecal occult blood testing (gFOBT), fecal immunochemical testing (FIT), and stool DNA testing (Cologuard®).<sup>1</sup>

**Here are some considerations when thinking about each test. Discuss these options with your doctor to choose which test is right for you.**



Colonoscopy



Guaiac-based fecal occult blood test (gFOBT)



Fecal immunochemical test (FIT)



Stool DNA test (Cologuard)

### Description of the Test

- Long, thin, flexible, lighted tube inserted in the rectum<sup>2</sup>
- Examines rectum and entire colon to check for polyps and some cancers<sup>2</sup>
- A home test used to check for any hidden blood in stool<sup>2,3</sup>
- A home test used to check for hidden blood in stool<sup>2,3</sup>
- Tests for both DNA changes and blood in stool<sup>3</sup>
- May also be known as a FIT-DNA test<sup>1</sup>

### How Often Is This Test Recommended?

- Once every 10 years<sup>2</sup>
- Once every year<sup>3</sup>
- Once every year<sup>2</sup>
- Every 3 years<sup>3</sup>

### What Do I Need to Know?

- A colonoscopy usually requires a special diet and laxatives before the test<sup>3</sup>
- During the test, medication will keep you comfortable and sleepy<sup>3</sup>
- If a polyp is found, it can be removed and tested<sup>3</sup>
- gFOBT may require collection of up to 3 stool samples<sup>3</sup>
- You may need to follow a certain diet before the test since some foods or drugs can affect the results<sup>3</sup>
- Usually completed at home<sup>2</sup>
- Like the gFOBT, FIT can usually be done at home<sup>2</sup>
- No special diet required for FIT<sup>3</sup>
- No special diet required for Cologuard<sup>4</sup>
- Your sample will be tested in about 2 weeks<sup>4</sup>
- If the test is positive (if it finds DNA changes or blood), a colonoscopy will be needed<sup>3</sup>

**NOTE:** There are more tests that your health plan may cover as preventive screening. Talk with your doctor and your health plan's member services to review your specific benefits.

To learn more about colon cancer and screening, visit

[www.LoveYourColon.org](http://www.LoveYourColon.org)

**References:** **1.** US Preventive Services Task Force, Bibbins-Domingo K, Grossman DC, et al. Screening for colorectal cancer: US Preventive Services Task Force Recommendation Statement *JAMA*. 2016;315(23):2564-2575. **2.** Colorectal cancer screening tests. Centers for Disease Control and Prevention website. [http://www.cdc.gov/cancer/colorectal/basic\\_info/screening/tests.htm](http://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm). Accessed March 23, 2020. **3.** Colorectal cancer screening tests. American Cancer Society website. <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/screening-tests-used.html>. Accessed March 23, 2020. **4.** The Cologuard® Experience: Risk Info. <https://www.cologuardtest.com/meet-cologuard/easy-cologuard-experience>. Accessed March 23, 2020.