

If you and your doctor decide that a stool DNA test is right for you...

...your testing kit and instructions will be delivered to you in the mail. The kit will explain how to collect a stool sample at home and what to do with the sample for testing.^{1,2}

Be sure to reach out to your doctor before collecting the sample to get answers to any questions you might have about the test. The stool DNA test is one of several screening tests recommended by the American Cancer Society.¹

**Before the Test.**

There is very little preparation needed.^{1,2}

- No special diet is required for a stool DNA test^{1,2}
- There is no need to stop any medications prior to collecting your sample²

Collecting Samples. When it's time to start the collection, make sure that you have the kit supplies ready and in one place.

- The kit will include a sample container, bracket for holding the container in the toilet, bottle of liquid preservative, tube, labels, and shipping box¹
- Be sure to follow the instructions that come with your kit. If you have any questions about how to use your kit, contact your doctor's office or clinic¹

After Collection. Send your sample out for testing using the original box and the pre-addressed return label included in your testing kit.²

- If you receive a positive result from your stool DNA test, a colonoscopy may be needed to follow up¹
- If you need a colonoscopy after a positive test result, it may be considered a diagnostic service. Having a diagnostic service performed, rather than preventative screening, can affect how much your insurance covers³

A stool DNA test is one of the easier screening tests, however, it has a few limitations compared with other tests¹:

- It is less likely to detect polyps than a colonoscopy
- It should be done every 3 years
- A positive test result does not necessarily mean you have colorectal cancer—there may be other reasons for blood in the stool

These tips may be used as a guide, but you should always follow the instructions provided by your doctor.

To learn more about colorectal cancer and screening, visit

www.LoveYourColon.org

Reference: 1. Colorectal cancer screening tests. American Cancer Society. <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/screening-tests-used.html>. Accessed March 23, 2020. **2.** Frequently Asked Questions (FAQs): Cologuard®. <https://www.cologuardtest.com/faq>. Accessed April 22, 2020. **3.** Insurance coverage for colorectal cancer screenings. American Cancer Society. <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/screening-coverage-laws.html>. Accessed April 23, 2020.