



Tips for Talking to Your Doctor About Colorectal Cancer Screening

Colorectal cancer screening may seem embarrassing, but remember—this test may help save your life.¹

Start the conversation! Here are some questions you can ask your doctor to help you learn about screening and feel more comfortable with it:

- ♣ When should I be screened?
- ♣ Does it matter if one of my relatives had colorectal cancer?
- ♣ Which screening test(s) do you recommend for me?
- ♣ How often do I need to be screened?
- ♣ How do I prepare? Do I need to change my diet or my usual medication schedule?
- ♣ How much time do I need to take off from work for preparation before and recovery time after?
- ♣ What's involved in the test? Will it be uncomfortable or painful?
- ♣ Will I be "asleep" during the test? Will I remember anything about it?
- ♣ Are there any risks involved?
- ♣ Will I need someone with me?
- ♣ Who will do the exam?
- ♣ When and from whom will I get results?
- ♣ Will I need other tests after being screened to further validate the results?



Talk With Your Doctor and Schedule Your Screening

Regular screening for colorectal cancer should begin at age 45.² If you have risk factors for colorectal cancer, including inflammatory bowel disease or a family history of colorectal cancer, you might need to get screened earlier.³ Talk to your doctor about the right time to be screened.

To learn more about colorectal cancer and screening, visit

www.LoveYourColon.org

References: **1.** Centers for Disease Control and Prevention. Colorectal cancer screening. https://www.cdc.gov/cancer/colorectal/pdf/basic_fs_eng_color.pdf. Accessed February 26, 2019. **2.** Wolf AM, Fontham ET, Church TR, et al. Colorectal cancer screening for average-risk adults: 2018 guideline update from the American Cancer Society. *CA Cancer J Clin.* 2018;68(4):250-281. **3.** Colorectal cancer: causes, risk factors, and prevention. American Cancer Society website. <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html>. Accessed February 26, 2019.