



## 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.<sup>1</sup>**

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.<sup>2</sup> 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.<sup>3</sup> Talk to your doctor about the right time to be screened.

To learn more about colorectal cancer and screening, visit

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

**References:** **1.** Colorectal Cancer Screening. Basic Fact Sheet. [https://www.cdc.gov/cancer/colorectal/pdf/basic\\_fs\\_eng\\_color.pdf](https://www.cdc.gov/cancer/colorectal/pdf/basic_fs_eng_color.pdf). Accessed December 6, 2017. **2.** Wolf AM, Fontham ET, Church TR, et al. Colorectal cancer screening for average-risk adults: 2018 guideline update from the American Cancer Society [published online ahead of print May 29, 2018]. *CA Cancer J Clin*. 2018. doi: 10.3322/caac.21457. **3.** Colorectal cancer risk factors. American Cancer Society website. <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html>. Accessed November 3, 2017.