

A HELPFUL QUESTION GUIDE FOR TALKING TO YOUR DOCTOR ABOUT COLORECTAL CANCER CARE.

Getting screened for colorectal cancer at regular intervals is a smart way to take an active role in your health. You have several options for how to get screened. Talk to your doctor about which method is right for you.

TYPES OF TESTS



In-home tests:

- Fecal occult blood test (FOBT)¹
- Fecal immunochemical test (FIT)¹
- Stool DNA tests¹



In-office tests:

- Colonoscopy¹
- Sigmoidoscopy¹
- Double contrast barium enema¹

Learn about these tests and more at: ccalliance.org/screening-prevention/screening-methods

QUESTIONS AND TOPICS TO COVER WITH YOUR PHYSICIAN*

- What is colorectal cancer?
- Age²:**
 - More common after age 50
 - But rates rising in people under 50
- Family History²:**
 - Family history of colorectal cancer
 - Family history of colorectal polyps
 - Personal history of irritable bowel conditions
- Lifestyle²:**
 - Smoking
 - Heavy alcohol use
 - Sedentary lifestyle
 - Obesity
- Ethnicity²:**
 - Certain ethnic groups (e.g., African American)
- When to start screening?
- How often should I get screened?
- Which screening method should I use?
- Are screenings painful or uncomfortable?
- Is it covered by my insurance?
- Where can I find a screening facility in my insurance's network?
- What happens after I get my screening results?

Additional Resources:

Destination Health: General information about what to expect on your healthcare journey. myroadmaptocare.com

Colorectal Cancer Alliance: A colorectal cancer awareness group. ccalliance.org/screening-prevention/get-screened

* This is not an inclusive list of colorectal cancer risk factors. Please consult with your physician to understand your risk.

1. Colorectal Cancer Alliance. *There are many choices for early detection*. Colorectal Cancer Screening Chart. <https://www.ccalliance.org/screening-prevention/screening-methods> Accessed 2/25/21

2. American Cancer Society. *Colorectal cancer risk factors*. <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html> Accessed Feb. 25, 2021

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