

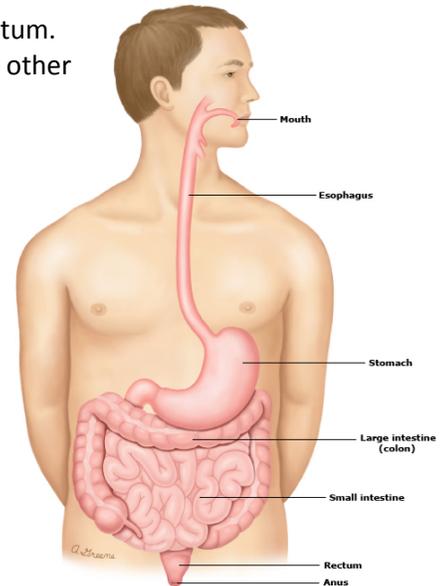
# Screening for Colorectal Cancer

(Adapted from UpToDate and instructions from InSure FIT and Hemosure)

Colorectal cancer is a type of cancer that is found in your colon (large intestine) or rectum. Screening can detect this cancer in its early stages, before it grows large or spreads to other parts of your body. Most people begin screening at age 50, but you may need to start screening earlier if you have a family history of colon cancer.

**Colonoscopy** – This test uses a camera with a flexible tube that is inserted into the anus so the doctor can see the rectum and colon. You are sedated during the test and must clean out your digestive system the day before the test. This test is the most effective for detecting masses, polyps, and cancers and can also take biopsies of suspicious masses. It is done every 10 years.

**Fecal Immunochemical Tests** – These tests check for blood in your stool, which you may not see with the naked eye. However, not all polyps or cancers release blood, so this test needs to be repeated every year. If the test comes back positive, you need a colonoscopy. Do NOT collect a sample if you see blood in or on the stool, in the toilet, or on the toilet paper. Contact your medical provider immediately if you see blood.



Directions for InSure FIT:

1. You will be given this instruction handout and a kit that contains the following items: 1 test card, 2 blue brushes, 2 waste bags, and a pre-stamped return envelope.
2. When you are ready to pass a bowel movement, bring the whole kit to the bathroom with you.
3. Flush the toilet BEFORE your bowel movement.
4. After you pass your bowel movement, place your toilet paper in one of the provided waste bags – NOT the toilet. Do NOT flush the toilet.
5. Take out the test card and flip open the flap marked “Sample A”.
6. Take one of the blue brushes and gently brush the surface of the stool for 5 seconds.
  - a. If the stool is loose, stir the water around the stool.
  - b. Remove the brush from the water and gently shake it to remove excess water and stool.
7. Transfer the WATER sample to the card by gently dabbing the brush in the white square marked “Sample A”.
8. Throw the brush in the waste bag and throw the entire waste bag into the garbage can.
9. Repeat above steps for “Sample B”.
  - a. Collect your second sample from a DIFFERENT bowel movement on a DIFFERENT day.
10. When both samples have been collected, place the card in the envelope and drop it in the mail.

Directions for Hemosure:

1. You will be given this instruction handout and a kit that contains the following items: 1 sample collection tube, 1 piece of sample collection paper, and a pre-stamped return envelope.
2. When you are ready to pass a bowel movement, bring the whole kit to the bathroom with you.
3. Lift the toilet seat and place the sample collection paper across the toilet bowl, securing the edges with the adhesive tabs. Lower the toilet seat on top of the sample collection paper.
4. Pass your bowel movement onto the sample collection paper.
5. Remove the cap of the sample collection tube. Do NOT pour out the liquid.
6. Poke the end of the probe on the cap into your stool several times.
  - a. Collect enough stool to cover just the tip of the probe.
  - b. Do NOT scoop, clump, or fill the entire collection tube.
7. Place the cap back into the collection tube.
8. Place the collection tube into the pre-stamped return envelope and drop it in the mail.