

**Colorectal cancer screening tests can find polyps before they become cancer, or find cancer earlier when it is easiest to treat. Screening is easy, and it could save your life.**

If you do not receive free colorectal cancer screening through your health insurance plan, or if you do not have health insurance, you may be able to receive a free or low-cost screening FIT test. Call 1-877-385-2345 for more information.

**Talk to your health care professional about your screening test choices today.**



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**Colorectal cancer is the second leading cancer killer, but it doesn't have to be.**

**If you're 50 or older, getting a test to find colorectal cancer could save your life.**

# If you're 50 or older, talk to your health care professional about which test to find colorectal cancer is right for you.

## What is colorectal cancer, and who gets it?

Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there. Over time, some polyps can turn into cancer. Colorectal cancer occurs most often in people 50 years or older. The chance of getting colorectal cancer increases with age. Both men and women can get colorectal cancer.

## Do I have a higher chance of getting colorectal cancer?

Your chance of having colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer
- You have inflammatory bowel disease
- You have a genetic syndrome such as familial adenomatous polyposis (FAP), Lynch Syndrome, or hereditary non-polyposis colorectal cancer

Talk to your health care professional to learn if you have higher chance of getting colorectal cancer and should start testing earlier.

**People who have colorectal cancer or polyps don't always have symptoms. The only way to know if you have colorectal cancer is to have a screening test.**

## FIT

FIT, short for fecal immunochemical test, is a stool test you can do at home and then mail to a lab for analysis. FIT can identify 70 – 80% of colon cancers by finding hidden blood in your stool.

FIT is low-cost, no-risk, and should be done every year. If your FIT result is not normal you will need a follow-up colonoscopy.

FIT must be done every year to work as good as colonoscopy. But, if you are at average risk for colon cancer it is a good cancer test choice.

## Colonoscopy

Colonoscopy is an exam using a flexible lighted tube inserted into your rectum and colon to check for polyps or cancer. During the test, the doctor can find and remove most polyps and some cancers.

Colonoscopy can find cancer earlier, when it's easier to treat and cure. And, if your exam is normal you only need to have a colonoscopy once every ten years. Most insurance plans will pay for this exam.

You need to use laxatives to clean your bowels before a colonoscopy, and have IV sedation during the exam. You may also need to take a day off work, and will need a driver to take you home from the exam.