




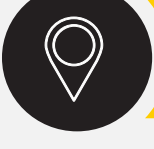

# YOUR GUIDE TO COLON CANCER SCREENING

Screening for colon cancer should start around age 45. UI Health Care experts recommend choosing one of two screening tests:

- Colonoscopy
- Fecal Immunochemical Test (F.I.T.)

If you have a family history of cancer, or if you have symptoms, such as abdominal pain, or changes in your bowel movements, including blood in your stool, you should discuss these with your health care provider.

Learn more about your screening options, then talk to your provider about which option is best for you.

	COLONOSCOPY	F.I.T.
 <b>CAN I SELF-REFER WITHOUT A DOCTOR?</b>	Yes.	No, you need to pick up a kit at your doctor's office.
 <b>COULD I EXPERIENCE ANY COMPLICATIONS?</b>	Less than 1 out of 1,000 people experience complications.	No.
 <b>HOW DO I PREPARE FOR THE TEST?</b>	Bowel cleansing with a prescribed laxative, and no solid foods the day before the exam. Possible adjustments to medications.	Pick up a test kit from your doctor.
 <b>WHERE IS THE TEST PERFORMED?</b>	Doctor's office, clinic, or hospital.	The test is performed at home via stool sample.
 <b>HOW OFTEN IS THE TEST PERFORMED?</b>	Once every 10 years (if results are normal).	Every year.

For more information about colonoscopy and other colon cancer screening options, please visit or call:

→ [uihc.org/colonoscopy](https://uihc.org/colonoscopy)

📞 319-356-4060