



Colorectal Cancer Screening Overview Or “How Is Colon Cancer Diagnosed?”

Beginning at age 50, the American Cancer Society recommends that both men and women at average risk for colorectal cancer should use one of the screening tests below:

Tests that find polyps and cancer:

- Flexible sigmoidoscopy every 5 years*
- Colonoscopy every 10 years
- Double-contrast barium enema every 5 years*
- CT colonography (virtual colonoscopy) every 5 years*

Tests that mainly find cancer:

- Guaiac-based fecal occult blood test (gFOBT) every year*,**
- Fecal immunochemical test (FIT) every year*,**
- Stool DNA test (sDNA) every 3 years*

**Colonoscopy should be done if test results are positive.*

*** Highly-sensitive versions of these tests should be used with the take-home multiple sample method. An FOBT or FIT done during a digital rectal exam in the doctor's office is not adequate for screening.*

