

## Sample Letter – HYPERPLASTIC AND OTHER NON-NEOPLASTIC LETTER

[Letterhead]

[Date]

[Patient Address]

Dear [Patient]:

I would like to inform you of the results from your recent colonoscopy at [Medical Center] on [date]. As you know, a small growth called a polyp was removed from your colon [rectum] during the procedure. As expected, the polyp was benign (not cancer). Specifically, **the polyp was of the hyperplastic [AND/OR other non-neoplastic] type**. This type of polyp has no significance and warrants no special follow-up. In the absence of a family history of colorectal cancer or advanced precancerous polyps, **you should undergo a repeat colonoscopy for routine screening in 10 years**.

**I would also recommend colon cancer screening for any first-degree relatives (brothers, sisters, children, and parents) beginning at age 45 [50]**. Make your family members aware of these results so that they can discuss screening with their physician.

I would suggest you consider changing any health habits that might increase your chance of forming more precancerous polyps and thus colorectal cancer. You may lower your chance of developing future polyps and colorectal cancer by adopting healthy habits such as not smoking, maintaining a healthy body weight, being physically active, limiting red and processed meat (such as beef, cold cuts, bacon, and hot dogs), minimizing alcohol intake (or avoiding alcohol altogether), and eating a diet with a lot of fruits and vegetables.

Please feel free to contact me at [phone number] should you have any questions.

Stay well.

Sincerely

[Endoscopist name]

cc: [PCP]