

GET SCREENED

Colorectal cancer is preventable.

All it takes is one day and one screening to safeguard yourself from the second deadliest cancer.

	Colonoscopy	FIT	Cologuard FIT-DNA
WHAT IS IT?	 <p>A lighted scope with a camera is used to look at the colon and rectum.</p>	 <p>(Fecal Immunochemical Test) Stool is checked for blood.</p>	 <p>Stool is checked for cancer markers and blood.</p>
CAN IT PREVENT CANCER?	 <p>Yes, by removing polyps that could develop into cancer.</p>	 <p>No.</p>	 <p>No.</p>
WHERE IS IT DONE?	 <p>At the hospital.</p>	 <p>At home. You collect a sample and return it.</p>	 <p>At home. You collect a sample and return it.</p>
HOW OFTEN?	 <p>Every 10 years if normal.</p>	 <p>Every year if normal.</p>	 <p>Every three years if normal.</p>
HOW DO I GET READY?	 <p>Requires fasting and a colon cleanse with a laxative.</p>	 <p>No prep or diet restrictions.</p>	 <p>No prep or diet restrictions.</p>
WHAT IS THE COST?	 <p>Higher cost - check with your insurance.</p>	 <p>Low cost - check with your insurance.</p>	 <p>Variable cost - check with your insurance.</p>

To learn more, visit sanfordhealth.org/screenings

SANFORD
HEALTH