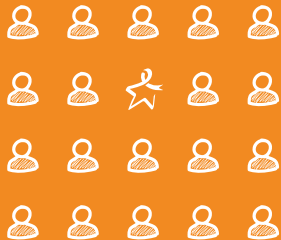


## Did you know?

1 in 20 develops colon cancer.



Colon cancer affects men  
and women equally.



1 in 10 are diagnosed with colon  
cancer before the age of 50.



✓ur:

## GET YOUR REAR IN GEAR

Get Your Rear in Gear events are the signature fundraisers of the Colon Cancer Coalition. Held in nearly 50 cities annually, funds raised stay in the local community for education, screening and support programs.

Find an event near you at  
[coloncancercoalition.org/events](http://coloncancercoalition.org/events).

For more information and education  
on colon cancer, visit:  
[coloncancercoalition.org](http://coloncancercoalition.org)

Help us increase awareness by  
liking, sharing, and following us.



## Colon Cancer Screening: 101

Get Educated.  
Get Screened.  
Get over the embarrassment.



# Screening Options

## Colonoscopy.

Your gastroenterologist uses a scope inserted through the rectum to look for polyps or evidence of cancer. If pre-cancerous polyps are found they are removed during the procedure, before cancer can develop. The exam requires a full colon cleansing (prep) on the day before the test.

**HOW OFTEN:** Every 10 years with normal results.

## Sigmoidoscopy.

This test also requires a full colon prep the day before the test. During this test, however, the doctor examines only the rectum and part of the colon. If evidence of cancer is found, a colonoscopy is generally recommended so that the physician can look at the entire colon for signs of disease.

**HOW OFTEN:** Every five years combined with FIT/FOBT every three years.

## At home testing options.

These tests detect blood in the stool and can be done in the privacy of your home. Kits are returned to your health care provider where stool samples are checked for blood or cancer cells. These tests must be done every year. If evidence of blood or cancer cells is found, further testing (including a colonoscopy) becomes necessary.

- Fecal Immunochemical Test (FIT) (stool test).
- High Sensitivity Fecal Occult Blood Test (stool test).
- DNA Stool Test (check with your health care provider how often the test must be performed).



# Colonoscopy Tips

No screening option is more effective than a colonoscopy when it comes to finding and preventing colon cancer. Follow these three steps to lessen the anxiety and make your colonoscopy more comfortable.

## 1. Get scheduled.



The worst part of a colonoscopy may be picking up the phone to make the appointment. Keep in mind that you will need to take two days off from work, one for the prep day and one for the test.

**! Bonus Tip:** Schedule the colonoscopy for Monday morning, then you can do the prep on Sunday and only miss one day of work. Or schedule it first thing in the morning since you will be fasting and want to eat as soon as you can!

## 2. Get prepped.



A clean colon makes it easier to find and remove polyps. Be sure to follow the instructions from your physician and clarify any confusion with your health care provider in advance.

In most cases, cleansing the digestive tract means eating white foods for several days prior and a clear liquid diet on the day before. Stock your kitchen with items like:

- white rice, pasta, and bread
- mashed potatoes (no skins)
- canned fruits and veggies
- clear fruit juices (apple is best)
- Jell-o (but avoid red, blue, or purple coloring)
- clear soft drinks (like Sierra Mist or 7-up, many clinics even allow root beer!)
- coffee and tea (no milk or creamer)
- broth

**! Bonus Tip:** Limit your meat consumption for a few days before to ensure the prep your doctor prescribes is effective and works quickly.

Your physician will prescribe a liquid laxative. To help the drink go down:

- Keep the fluid cold
- Drink through a straw placed at the back of the mouth
- Suck on tart hard candies or lemon to mute the taste

**! Bonus Tip:** If the instructions are to mix with another drink (like Gatorade) don't mix the drink with your favorite flavor – it will no longer be your favorite!

Being close to a bathroom on prep day is essential. Many people find using flushable moistened wipes instead of toilet paper makes the process more comfortable.

**! Bonus Tip:** Apply hemorrhoid cream (or even diaper rash ointment) before starting the prep to protect your skin and ease some discomfort. Then reapply as often as needed.

## 3. Get zen.



Being relaxed on test day is important. Increased anxiety can make the process less comfortable. Don't be afraid to ask questions about sedation, the process, or managing discomfort.

After your colonoscopy, ask questions about the results. Then find out when you should have your next colonoscopy, or if there are any further steps you need to take.

**! Bonus Tip:** Bring a friend or loved one with you! They will help you stay relaxed, and can join you for a bite to eat after the procedure. You will be hungry!