

COLORECTAL CANCER Screening Options

If you are ≥ 45 and of average risk, it's time to get screened for colorectal cancer.

STOOL-BASED TESTS

About stool-based tests

- Can be done at home
- No bowel prep or sedation
- Need to be done more often than visual tests
- Will need a colonoscopy if test is abnormal
- Can miss many polyps and some cancers



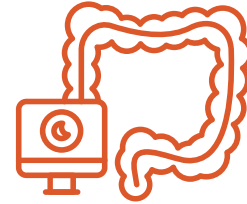
Stool-based test options

- Guaiac-based fecal occult blood test (gFOBT) **EVERY YEAR** or
- Fecal immunochemical test (FIT) **EVERY YEAR** or
- Multi-targeted stool DNA test (MT-sDNA) **EVERY 3 YEARS**

VISUAL-EXAM TESTS

About visual-exam tests

- Done in a doctor's office or health facility
- Bowel prep needed
- Only a colonoscopy can remove and test polyps
- Any test other than a colonoscopy will require a follow up colonoscopy if the test is abnormal



Visual-exam test options

- Colonoscopy **EVERY 10 YEARS** or
- CT colonography (virtual colonoscopy) **EVERY 5 YEARS** or
- Flexible sigmoidoscopy **EVERY 5 YEARS**

The most important thing is to get screened, no matter which test you choose.

Anyone can get colorectal cancer, but some people have a higher risk than others. Everyone should start regular screening for colorectal cancer at age 45, but if you have a higher risk you may need to start screening earlier. Talk to your doctor about risk factors and screening options.

Source: American Cancer Society, 2025

In VT, insurers are required to provide coverage for colorectal cancer screening at no cost to the patient. In NY, most health insurance plans cover screening at no cost to the patient. NY also offers free screening for eligible, uninsured, and underinsured NY residents through the NY State Cancer Services Program (1-866-442-CANCER).