

Colon Cancer Screening

First Choice: Colonoscopy at age 50 years old (Cost is about \$2000 plus anesthesia fee)

- (if an immediate family member has hx of Colon CA then the patients needs to be screened 10 years earlier than family member's diagnoses.
- **If NO POLYPS- then Colonoscopy recommended every 10 years**—unless problems with rectal bleeding, change in stool pattern, etc.
- **If polyps** (suspicious growths in colon but biopsy is benign) then Colonoscopy recommended every 3- 5 years.

Option A:

- Flexible Sigmoidoscopy (like a colonoscopy but not a far up the colon- like a mini colonoscopy) every 5 years **with new FOBT** (Fecal Occult Blood Test)
- **“High Sensitivity Guiaic”** (HSgFOBT) "Hem Select; Hem Assure; Hemacult Sensa" approx < **\$5** OR
- **FIT (Fecal Immunochemical Test)** (2 samples better than one, more expensive than the HSgFOBT test. Specific for Human Globin, can have false positive with **Brisk GI Bleed**).

Option B:

(probably the cheapest option)

- Annual newer FOBT Annually (Fecal Occult Blood Test- “High Sensitivity Guaiac” (HSgFOBT) or FIT (Fecal Immunochemical Test))

Questionable if Colon Cancer screening beneficial after 75 years old, recommend looking at the health of the patient. Not recommended for those over 85 years **old**.

Other tests in literature

Stool DNA- very expensive > \$300, no better than FIT.

CT Colonoscopy: less invasive, less risk of perforation, still require prep. About the same as a Colonoscopy, 20 percent will require a follow-up exam to verify abnormalities, ie a colonoscopy. Concern about impact of lifetime radiation exposure.