



Colon Screening

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About the Program

ColonCancerCheck is a program which encourages people to get checked and reduce their chances of dying from colon cancer. The ColonCancerCheck program checks two different groups of people: those at average risk and those at increased risk.

If you are between the ages 50 to 74 without a parent, sibling or child who has been diagnosed with colon cancer, you are at average risk.

If you have a parent, sibling or child who has been diagnosed with colon cancer, you are at increased risk.

Benefits of Screening:

- Getting screened regularly leads to healthier lives for you, your family and your community
- 9 out of 10 people can be cured if colon cancer is caught early

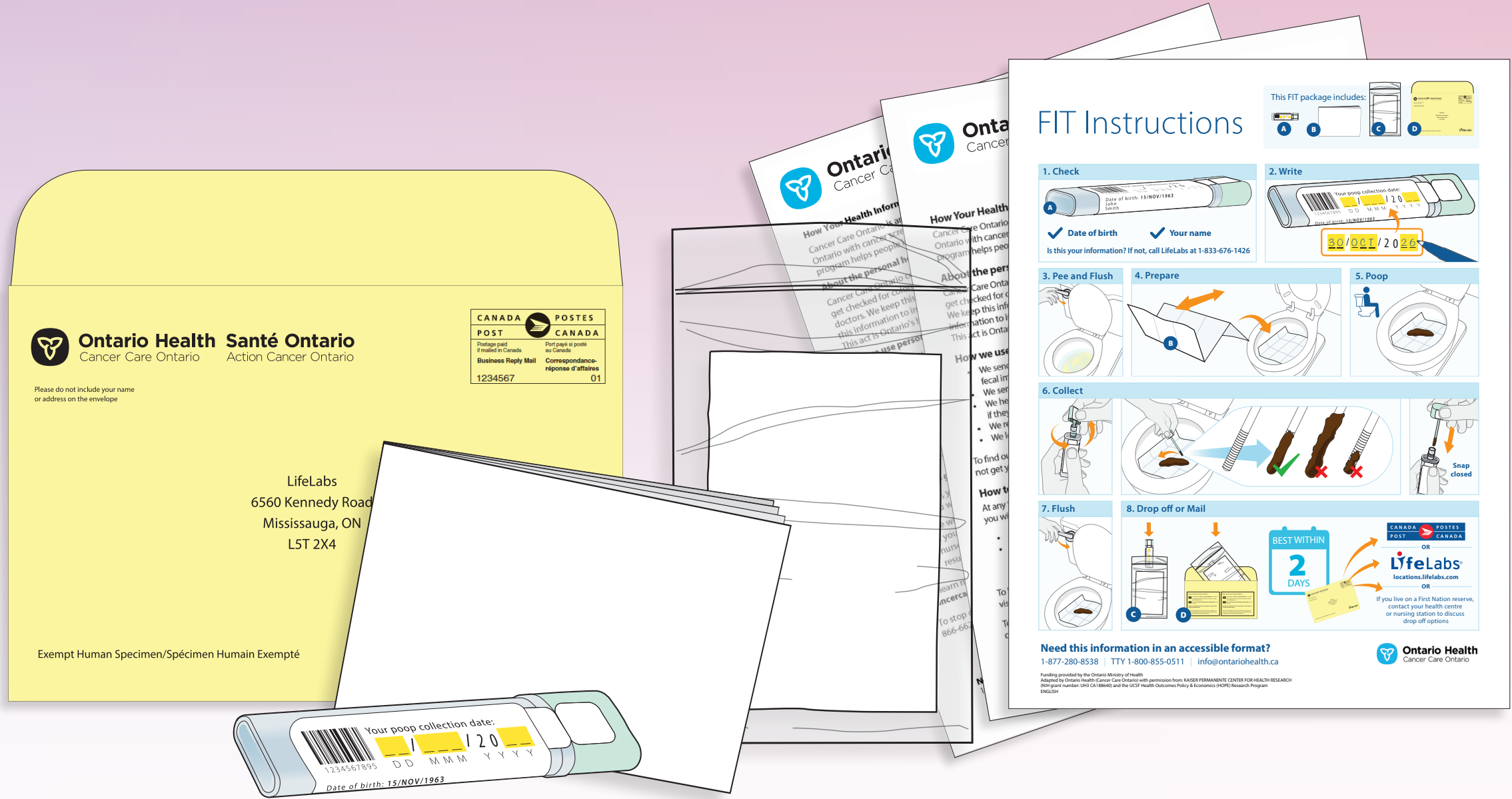
Screening People at Average Risk

If you are at average risk of getting colon cancer and have no symptoms, it is recommended that you get checked with the fecal immunochemical test (FIT) every two years.

Screening People at Increased Risk

If you are at increased risk of getting colon cancer and have no symptoms, it is recommended that you get checked with a colonoscopy. A colonoscopy is an exam in which a doctor looks at the lining of the entire colon using a long, flexible tube with a tiny camera on the end.

The Fecal Immunochemical Test (FIT) Kit



The Fecal Immunochemical Test (FIT)



What it is

The fecal immunochemical test (FIT) checks someone's stool (poop) for tiny drops of blood which could be caused by colon cancer and/or pre-cancerous polyps (growths in the colon or rectum that can turn into cancer over time).

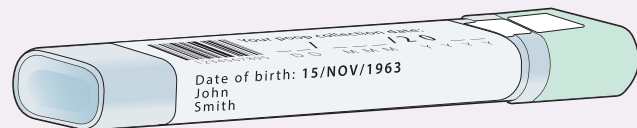
Eligible participants can order a FIT kit through their health care provider, mobile screening coach, health centre or nursing station. Those without a health care provider can order a FIT kit by contacting Health811.



FIT is a safe and painless test that can be done at home and only takes a few minutes.

How to Complete the Fecal Immunochemical Test (FIT)

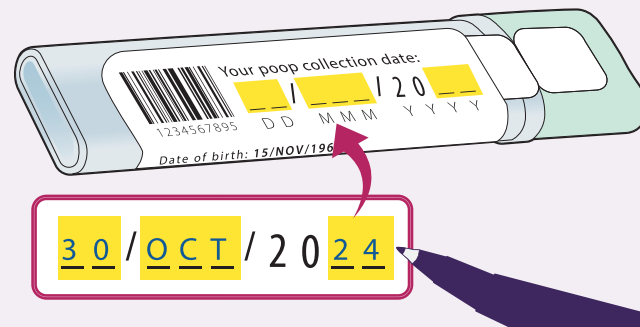
1. Check



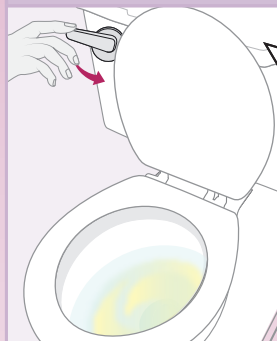
✓ Your Date of Birth ✓ Your Name

Is this your information?
If not, call LifeLabs at 1-833-676-1426

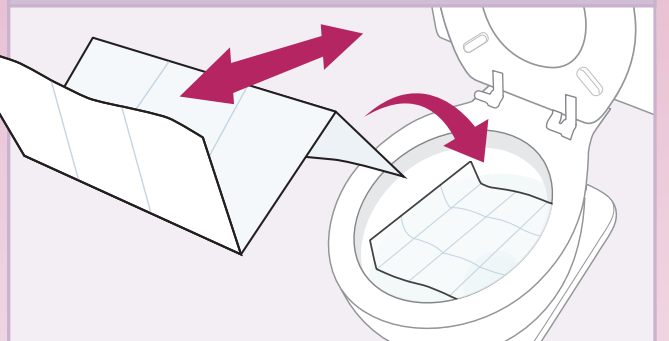
2. Write



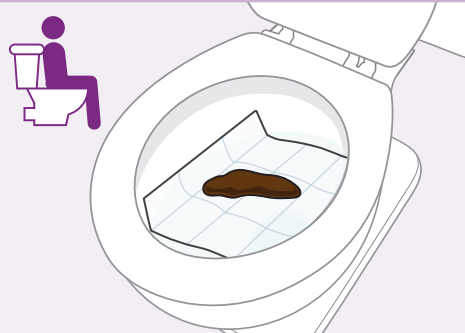
3. Pee and Flush



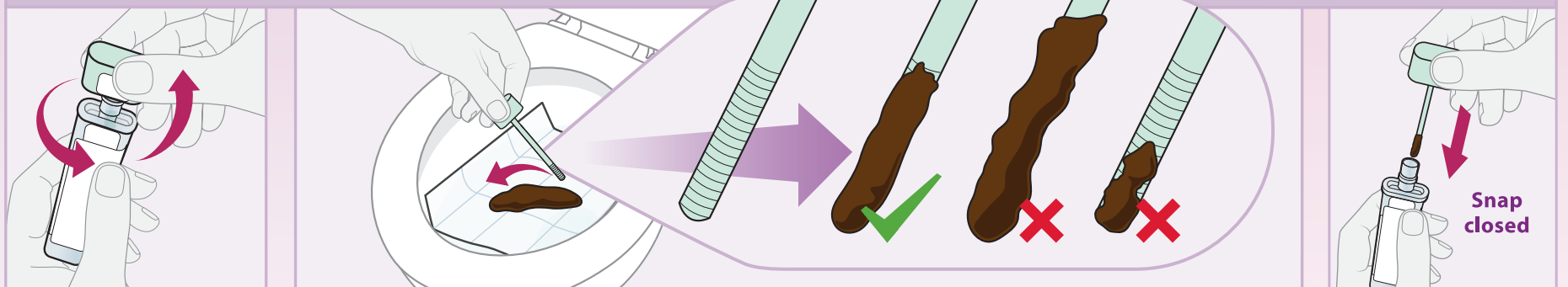
4. Prepare



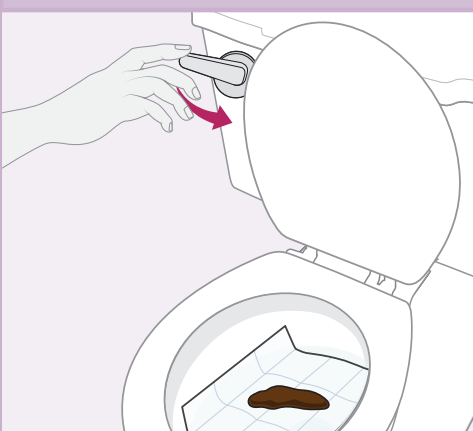
5. Poop



6. Collect



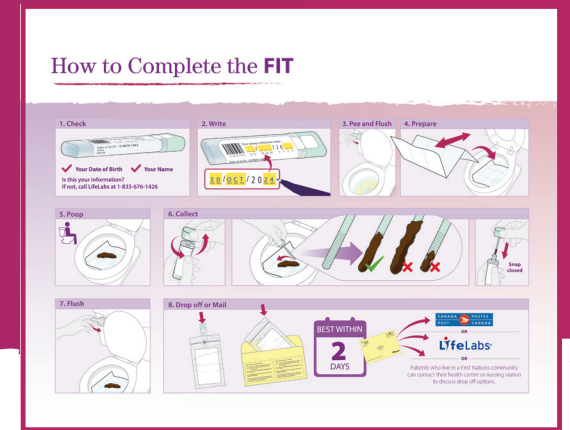
7. Flush



8. Drop off or Mail



How to Complete the Fecal Immunochemical Test (FIT)



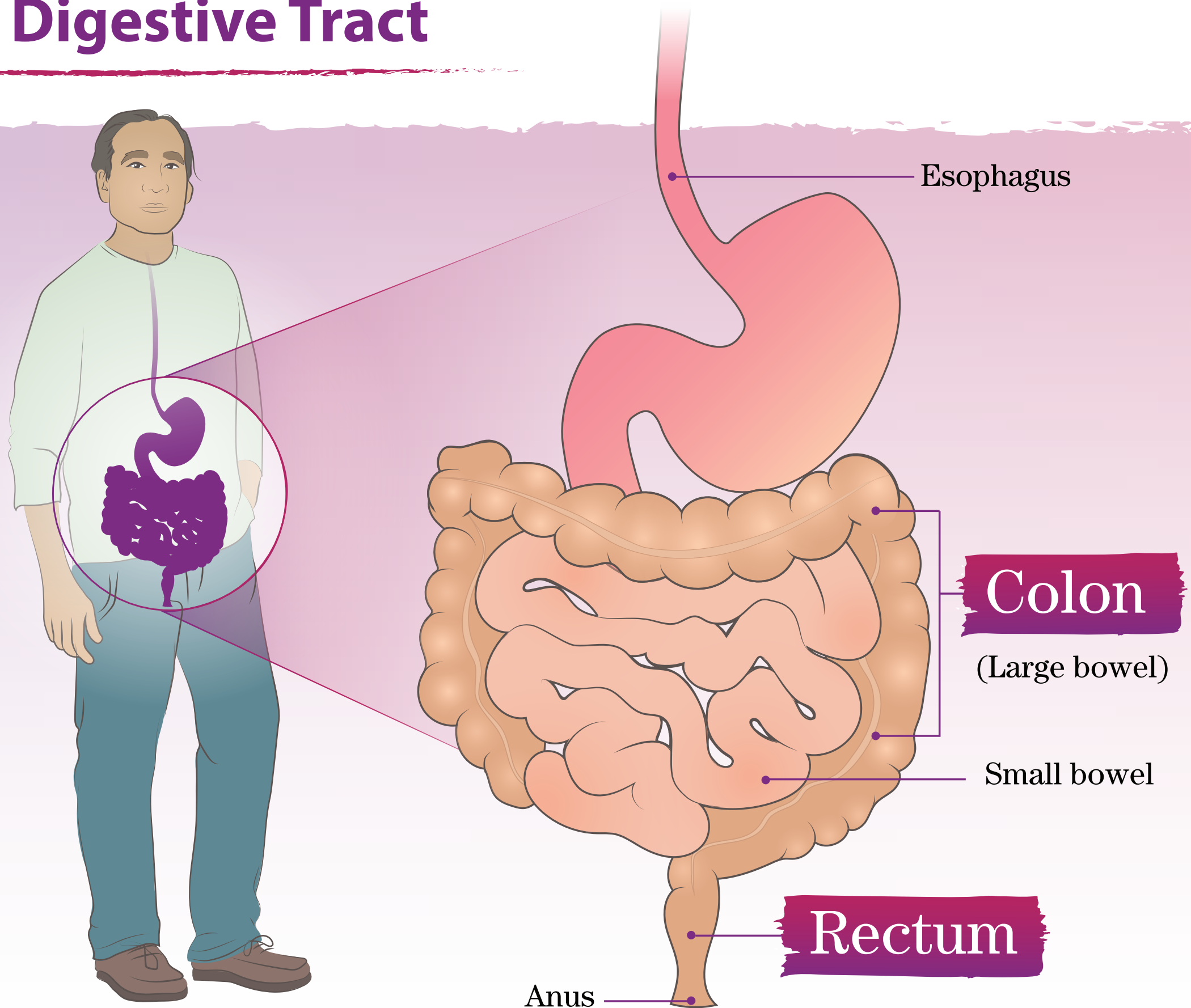
* Review the steps on how to complete the fecal immunochemical test (FIT) using the instruction sheet and refer to the pictures.

There are no medications or dietary restrictions, including no restrictions on vitamin C.

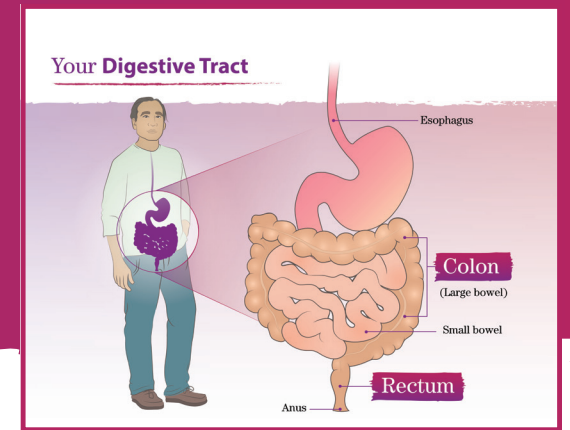
When completing a FIT, one sample of stool (poop) must be collected. After collection, the FIT should be mailed or dropped off as soon as possible – ideally within two days – to ensure it arrives within 14 days of specimen collection.

Patients who live in a First Nations community can contact their health centre or nursing station to discuss drop-off options.

Your Digestive Tract



Your Digestive Tract



How it Works

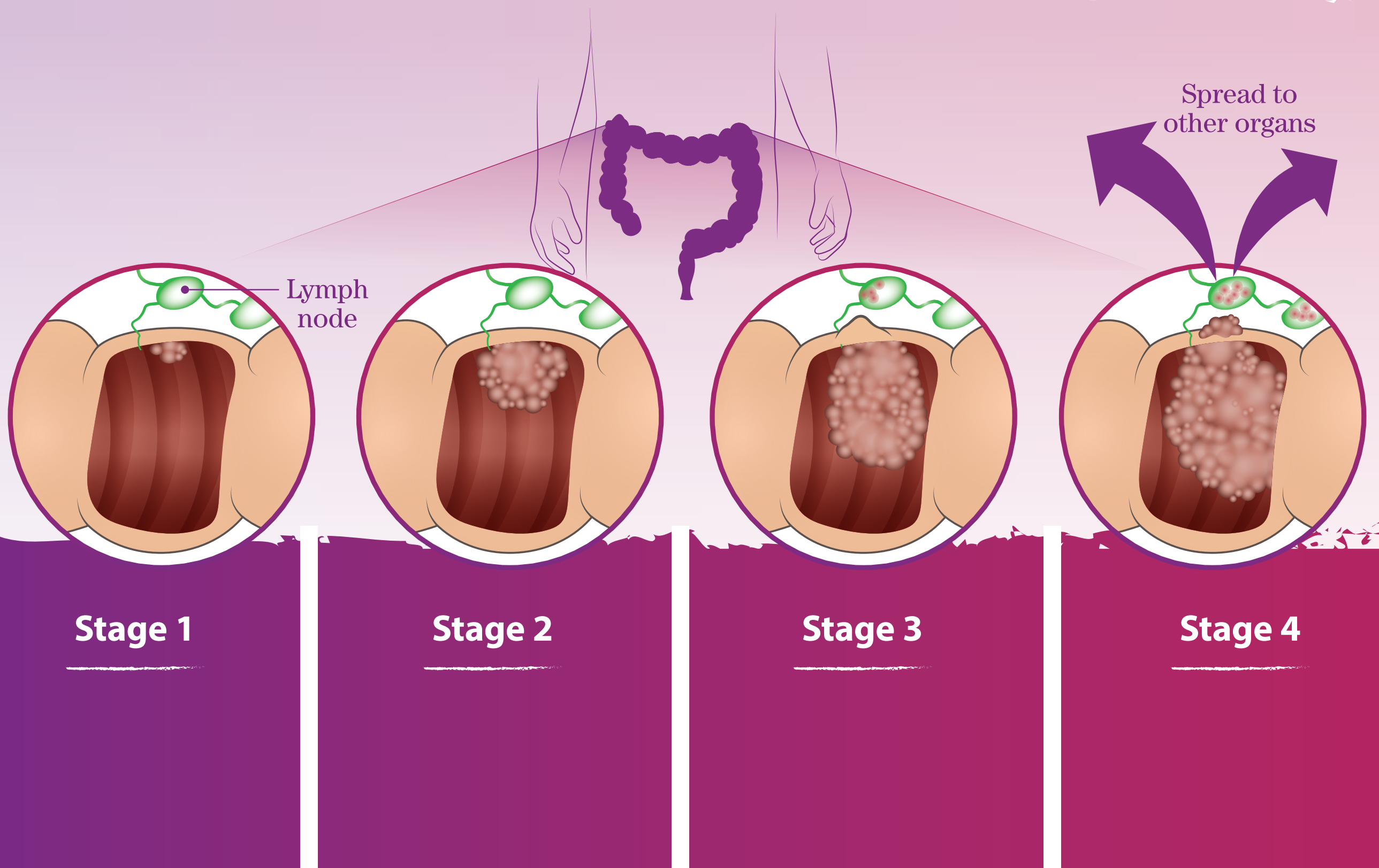
Food, water and nutrients pass from your mouth, through the esophagus, into your stomach and then into the small and large intestine. The large intestine is also known as the colon.

Waste passes out of the body through the colon.

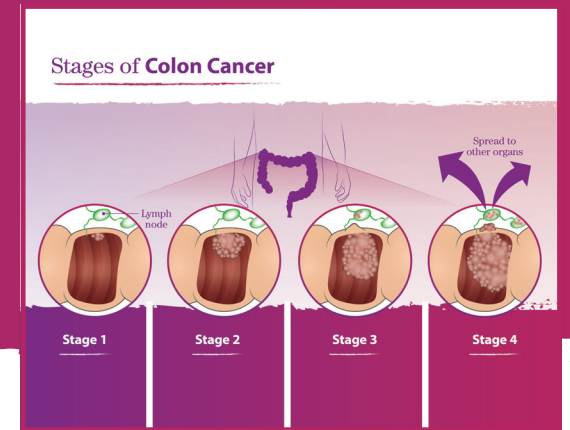


Colon cancer is cancer of the large bowel (colon), which is the lower part of the digestive system. Rectal cancer is cancer of the last six inches of the colon. Together, they are called colorectal cancer (or bowel cancer).

Stages of Colon Cancer



Stages of Colon Cancer



Stages

There are 4 stages of colon cancer:

Stage 1

The cancer cells have spread beyond the innermost layer of the colon wall and possibly into the muscle layer of the colon.

Stage 2

Cancer cells have spread beyond the muscle layer of the colon, either to the outermost layer of the colon wall, or to tissues or organs located close to the bowel. However, the tumor has not spread to the nearby lymph nodes.

Stage 3

The cancer cells have spread beyond the innermost layer of the colon and into the nearby lymph nodes.

Stage 4

The cancer cells have spread to other remote parts of the body. Stage 4 cancer is the most advanced form of cancer and is often the most difficult to treat.

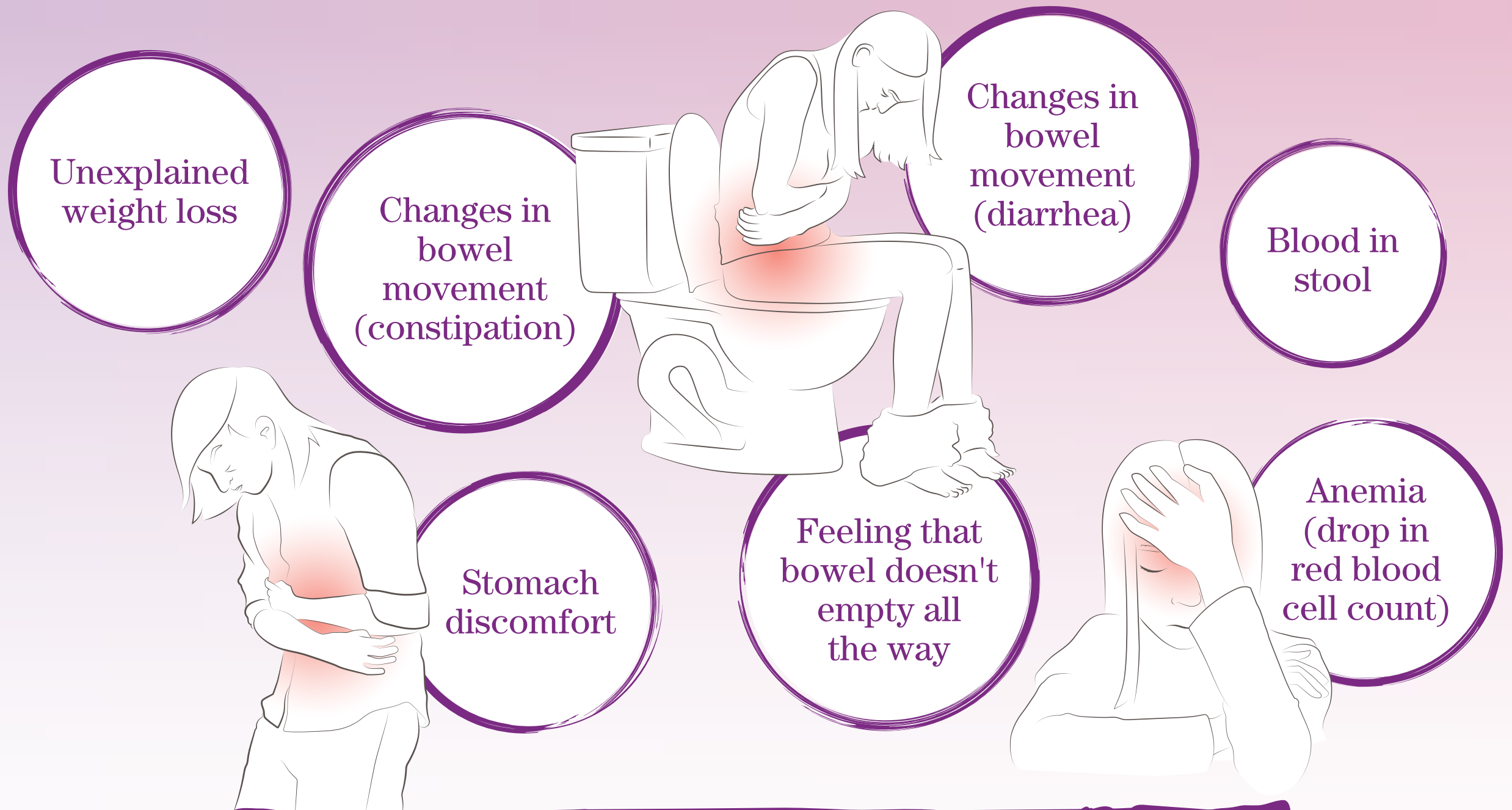
Colon cancer can grow slowly in the body for many years before it causes any symptoms.



The cancer can cause bleeding, which can cause anemia (a drop in your red blood cell count) due to low iron. As the cancer gets bigger, it may block the passage of stool (poop) which can cause bloating and cramps or constipation.

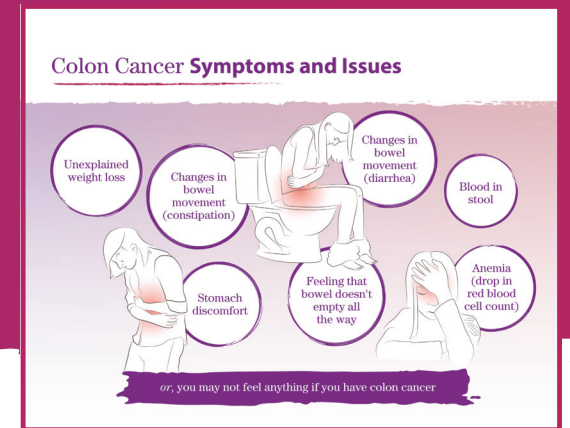
See your health care provider if you have symptoms.

Colon Cancer Symptoms and Issues



or, you may not feel anything if you have colon cancer

Colon Cancer Symptoms and Issues

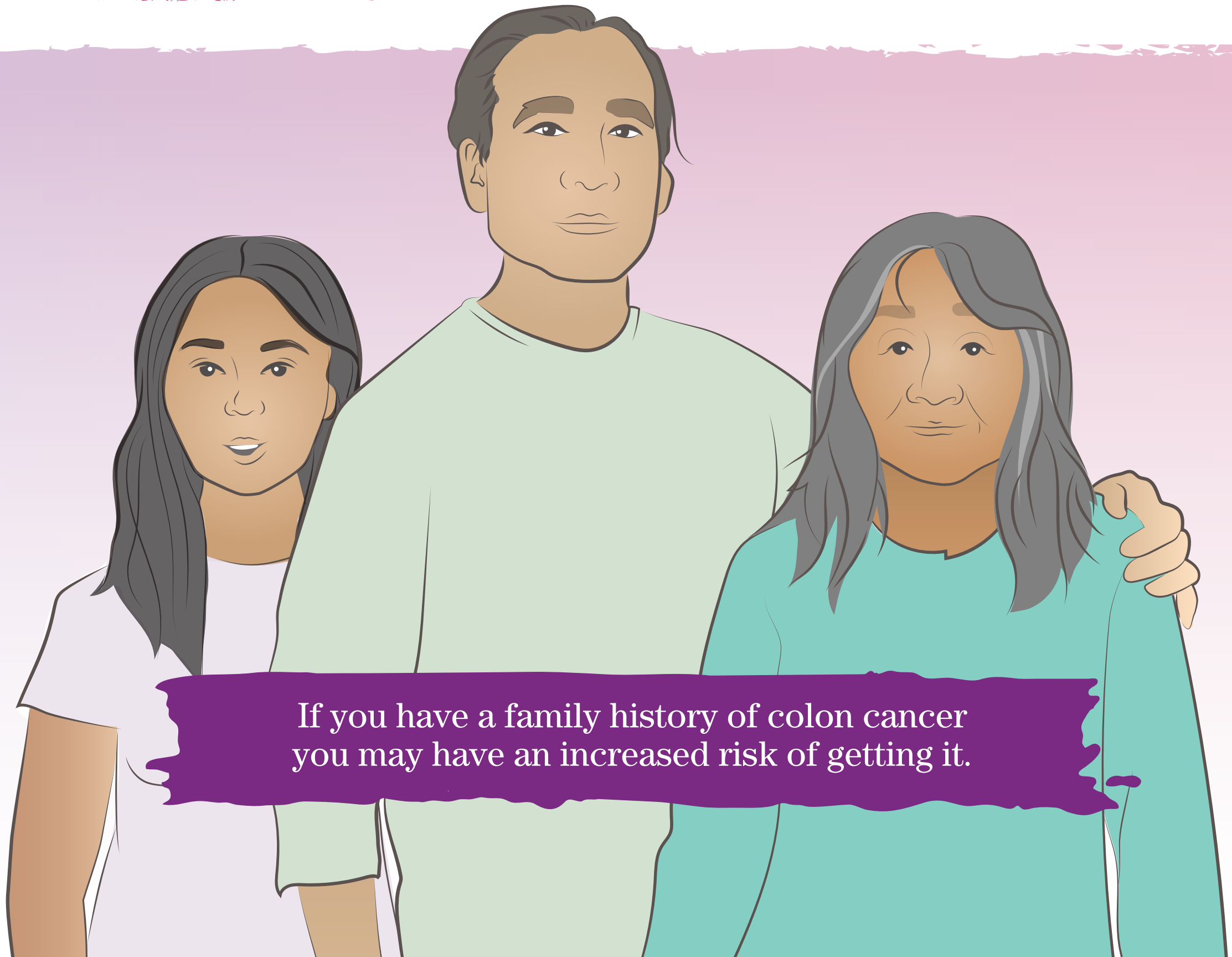


Symptoms and Issues



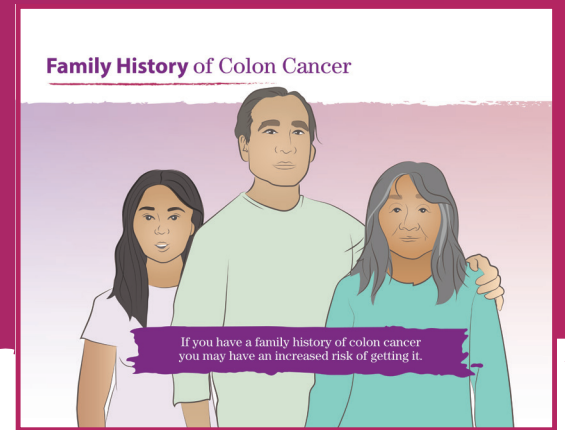
- Blood in stool
- New and persistent:
 - Constipation
 - Diarrhea
 - Stomach discomfort
- Feeling that your bowel does not empty all the way
- Unexplained weight loss
- Anemia (drop in red blood cell count) that is caused by low iron

Family History of Colon Cancer



If you have a family history of colon cancer
you may have an increased risk of getting it.

Family History of Colon Cancer



What is Family History of Colon Cancer?



Family history is when a parent, sibling or child has been diagnosed with cancer.

When you have a family history of cancer you are at increased risk of developing colon cancer.

People who have no symptoms and are at increased risk of getting colon cancer should get screened with a colonoscopy.

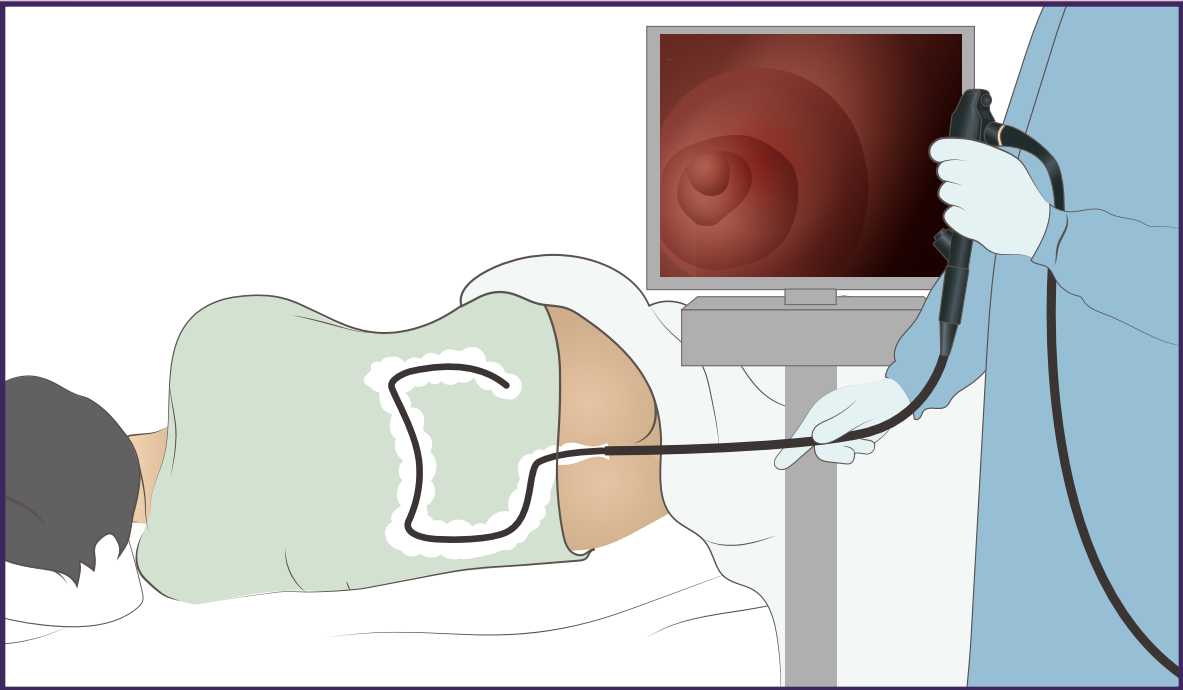
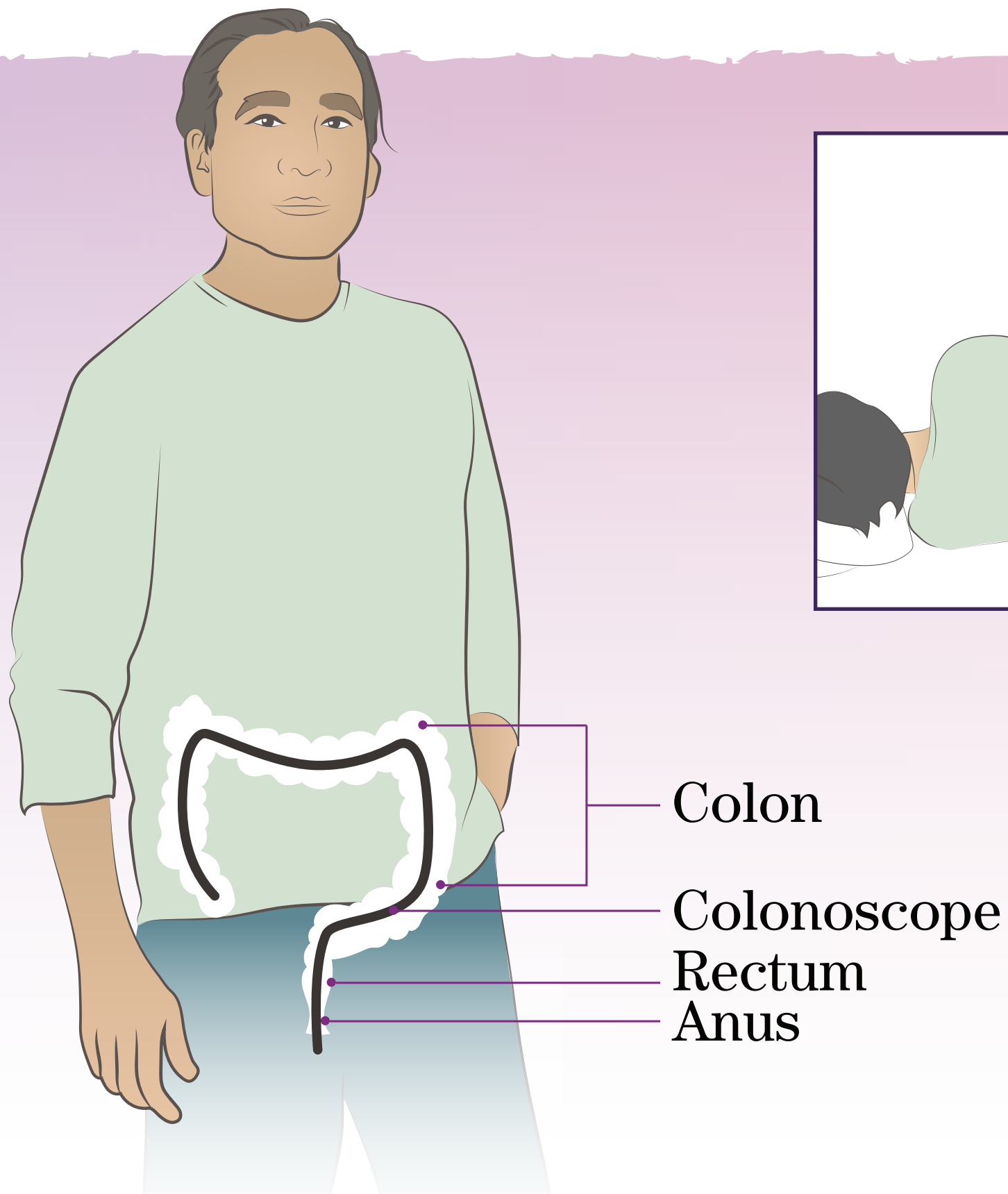
Someone at increased risk should start screening at age 50, or 10 years before the age their relative was diagnosed with colon cancer, whichever comes first.

If your parent was diagnosed with colon cancer at age 54, you should start screening for colon cancer at age 44.

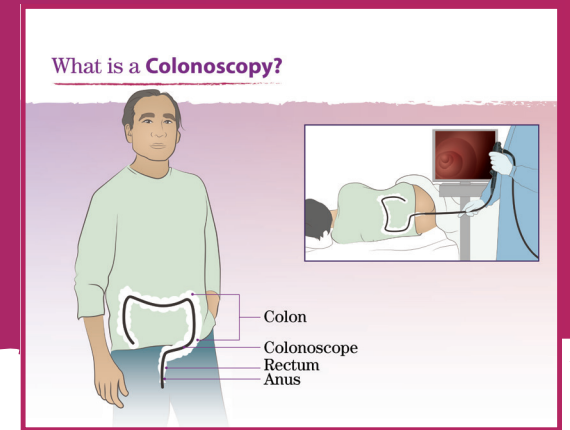


However, if your parent was diagnosed at age 70, you still start screening at age 50, not age 60.

What is a Colonoscopy?



What is a Colonoscopy?



What is it?

A colonoscopy is an exam in which a doctor looks at the lining of the entire colon using a long, flexible tube with a tiny camera on the end.

Individuals at increased risk and individuals who have an abnormal fecal immunochemical test (FIT) result should get a colonoscopy to check for colon cancer.

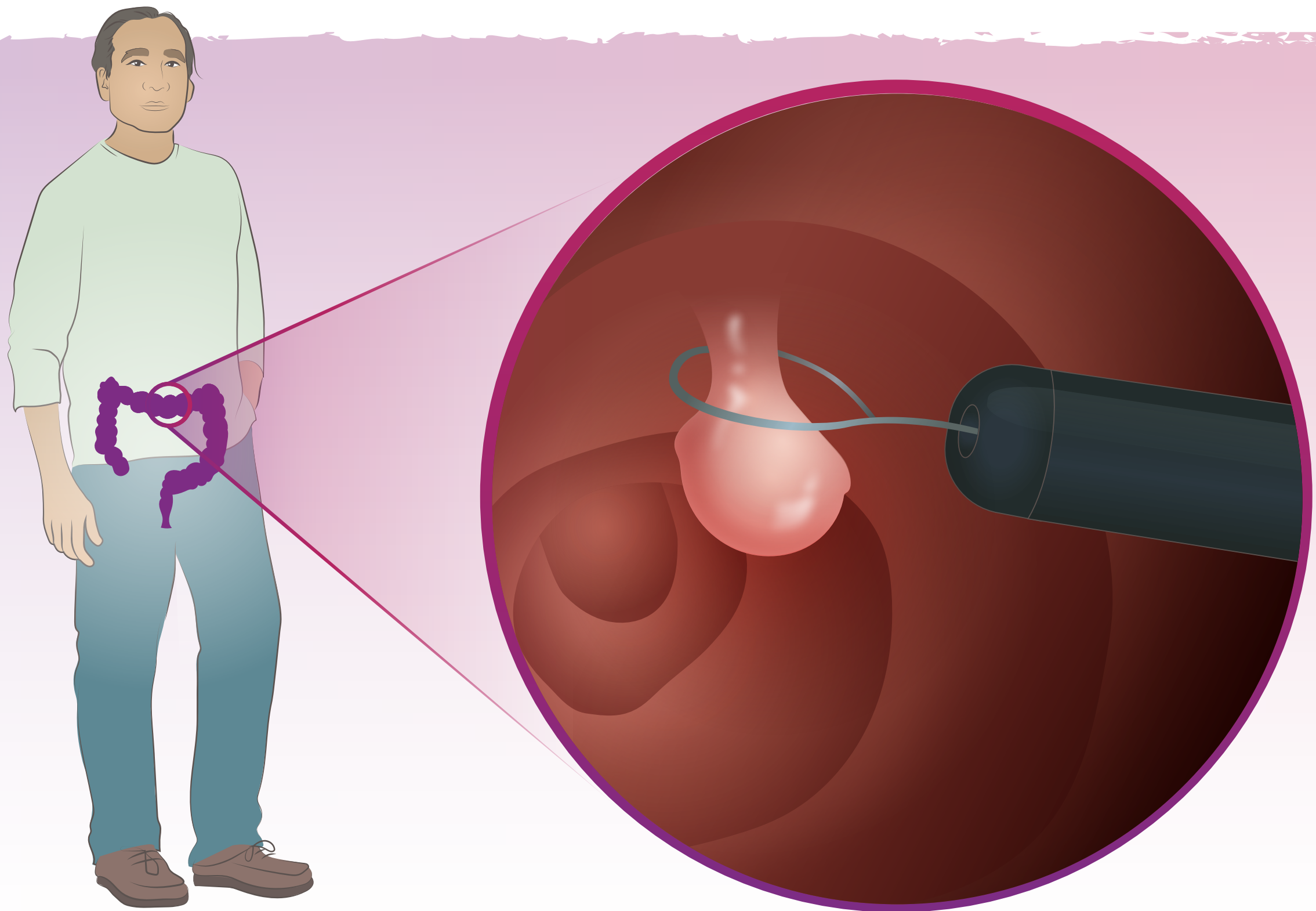
An abnormal FIT result does not necessarily mean that you have colon cancer but it does mean that additional testing is needed. You should have a colonoscopy within eight weeks of an abnormal FIT result.

Before your Colonoscopy

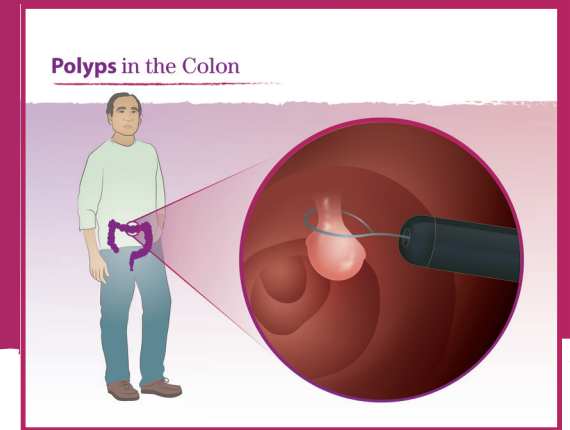
You must prepare for the procedure the day before by drinking a laxative preparation (bowel preparation). This will ensure your colon is completely empty and clean so everything can be seen during the procedure and nothing gets missed.

Before your colonoscopy, you will receive instructions about what laxative to take, any medications you should stop taking, and what you can eat and drink.

Polyps in the Colon



Polyps in the Colon



During your Colonoscopy

A colonoscopy is safe and it usually takes less than thirty minutes. You can get medication to make you feel comfortable during the colonoscopy.



During the colonoscopy, the doctor can also take biopsies (samples of tissues) and remove polyps (small growths that form inside the colon or rectum). You will not feel any pain when the polyps are removed.

Any tissue (biopsy or polyp) that is removed is sent to the lab where it is tested for cancer cells.

After your Colonoscopy

The doctor doing the colonoscopy will give you your test results and tell you about next steps, including the need for more tests and/or treatment.

If you have had polyps removed, you may need a colonoscopy again in the future, depending on the size, and type of polyps found during your first colonoscopy.

Almost all polyps removed are **not** cancerous.