

## Guide to Colorectal Cancer (CRC) Screening in Ontario

### Screening Eligibility

The **ColonCancerCheck** program offers CRC screening to people who are age-eligible, have no CRC symptoms and have OHIP coverage.

### What if my Patient...

#### Is 75 to 85 years old

Screening not routinely recommended.

#### Is over 85 years old

Screening not recommended.

#### Has a personal history of polyps needing surveillance or CRC

Manage according to Ontario Health's [post-polypectomy](#) or [follow-up care and surveillance](#) guidelines.

#### Has long-standing Crohn's disease involving the colon or ulcerative colitis or known hereditary CRC syndrome

Refer to specialist.

#### Has suspected hereditary CRC syndrome

Refer to a [cancer genetics clinic](#) for a genetic assessment. See [Cancer Genetic Assessment Referral Guidance](#).

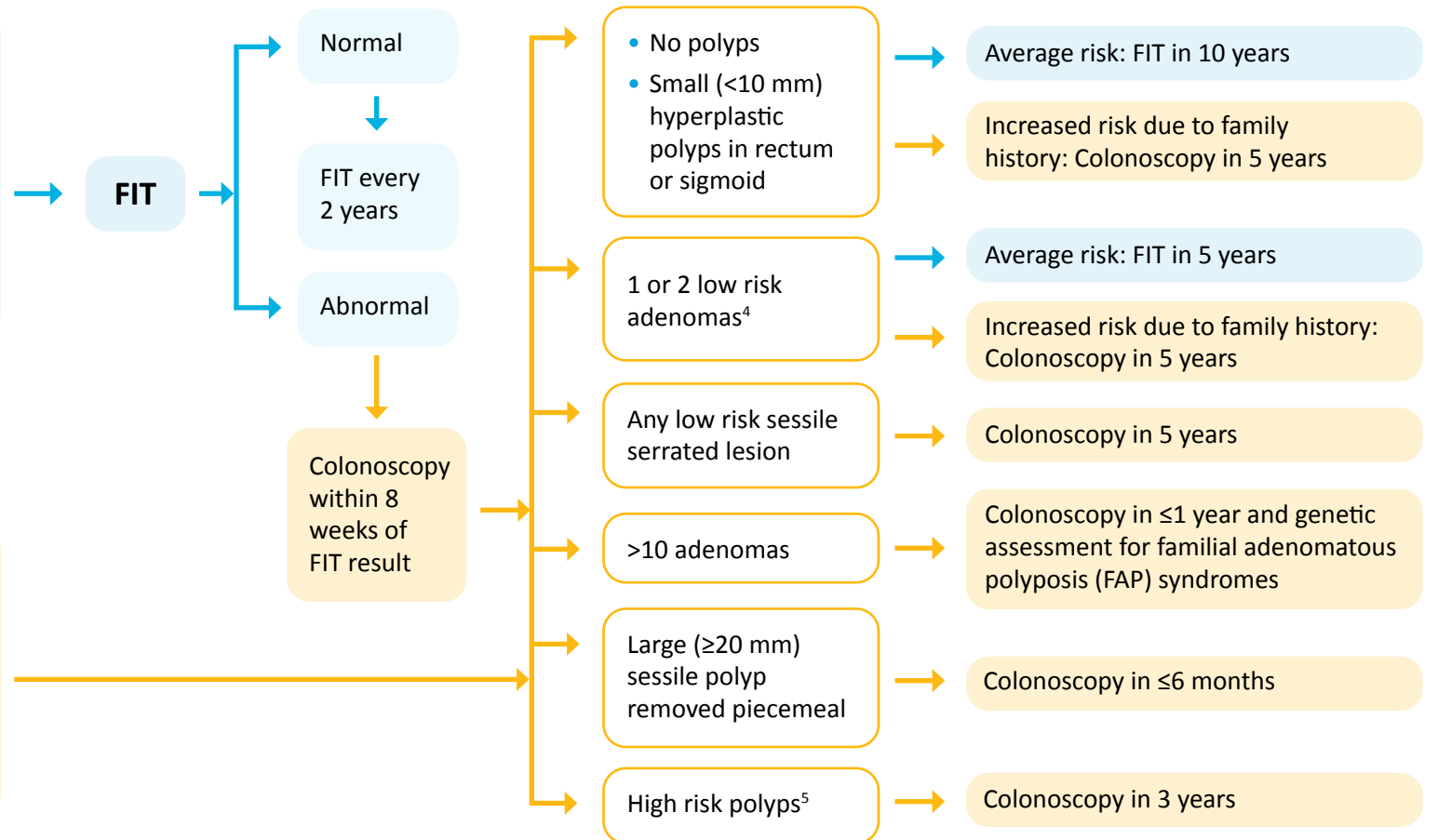
### Fecal Immunochemical Test (FIT) Recommended\*

- Ages 45-74
- Average Risk<sup>1</sup>
- Due for Screening<sup>2</sup>

\* or flexible sigmoidoscopy every 10 years

### Colonoscopy Recommended

Increased risk due to family history<sup>3</sup> (starting at age 40 or 10 years earlier than youngest affected relative)



<sup>1</sup> Average risk: No personal history of CRC, no colorectal polyps requiring surveillance, no Crohn's disease involving the colon or ulcerative colitis, **and** does not meet the criteria for increased risk due to family history. Visit [ontariohealth.ca/ccr-recommendations](https://ontariohealth.ca/ccr-recommendations).

<sup>2</sup> Due for screening: Never screened, **or** negative FIT  $\geq 2$  years ago, **or** colonoscopy or flexible sigmoidoscopy  $\geq 10$  years ago, **or** colonoscopy finding 1 to 2 low risk adenomas  $\geq 5$  years ago.

<sup>3</sup> Increased risk due to family history: Only 1 first-degree relative diagnosed with CRC before age 60 **or**  $\geq 2$  first-degree relatives diagnosed with CRC at any age.

<sup>4</sup> Low risk adenoma:  $< 10$  mm tubular adenoma with no high-grade dysplasia.

<sup>5</sup> High risk polyps:  $> 10$  mm tubular adenoma, tubulovillous or villous adenoma, adenoma with high-grade dysplasia, sessile serrated lesion  $\geq 10$  mm, traditional serrated polyp, sessile serrated lesion with dysplasia or  $\geq 3$  low risk adenomas. View the [Post-polypectomy Surveillance Recommendations Summary](#) for more information.

# About the Fecal Immunochemical Test (FIT)

FIT is an at-home stool-based screening test for people at average risk of colorectal cancer.

Safe • Sensitive • No dietary or medication restrictions • 1 sample • Easy to use • Pre-labelled

## How to Screen with FIT



### Steps for Primary Care Providers:

1. Confirm participant name, mailing address, DOB and OHIP number
2. Explain to participant how to do the FIT
3. Submit completed FIT requisition to In-Common Laboratories via electronic medical record, by faxing 1-833-520-1544 or via OLIS-MORE

- In-Common Laboratories will mail pre-labelled FIT kit to participant



### Steps for Participants:

1. Check that label is correct
2. Clearly record poop collection date on FIT tube in “DD/MMM/20YY” format in the yellow box
3. Collect poop sample according to instruction sheet
4. Drop off or mail the kit to In-Common Laboratories **as soon as possible (or within 2 days)**

- In-Common Laboratories will send FIT result to primary care provider
- Ontario Health will mail FIT result letter to participant



### Follow-up by Primary Care Providers:

- Normal FIT result: Repeat FIT in 2 years
- Abnormal FIT result: Refer for follow-up colonoscopy within 2 weeks – colonoscopy should be completed **within 8 weeks** of abnormal FIT result

## Help Ensure Participants Get Their FIT

- Double check participant address information, such as unit number and postal code
- Provide an alternate mailing address if needed



## FIT Drop-off Options

- Participants can drop off their completed FIT at any Rexall™ location. Visit [iclabs.ca/FIT/locations](https://iclabs.ca/FIT/locations) for more information.

## ColonCancerCheck Information & Resources

- Information and resources, including FIT instructions for participants in other languages and the FIT requisition can be found online. Visit [ontariohealth.ca/coloncancercheckhub](https://ontariohealth.ca/coloncancercheckhub)
- Call In-Common Laboratories at 1-833-FIT-POOP (1-833-348-7667) from Monday to Sunday, 7 a.m. to 7 p.m. or visit [iclabs.ca/FIT](https://iclabs.ca/FIT)
- For questions about the program, email [cancerinfo@ontariohealth.ca](mailto:cancerinfo@ontariohealth.ca) or call Ontario Health toll free at 1-866-662-9233 from Monday to Friday, 8:30 a.m. to 5 p.m.