

Not insured?

If you don't have insurance, you may still be able to get screened. The New York State Cancer Services Program offers free colorectal cancer screening for eligible, uninsured New York residents in every county and borough.

Contact your local Cancer Services Program or call **1-866-442-CANCER (2262)** to find a program near you.



You should also consider enrolling in a health plan through the New York State of Health. For more information call the help line at **855.355.5777** or visit: nystateofhealth.ny.gov

Get Tested for Colorectal Cancer

There is more than one test for colorectal cancer screening.
Talk to your health care provider.

**Whichever test you choose,
getting screened is
the right choice.**



**Cancer Services
Program**

A program of the Department of Health



**Department
of Health**



**All people 45 years and
older should be tested for
colorectal cancer.**

Types of Colorectal Cancer Screening Tests

At-Home Stool Tests

- There are 3 types of at-home tests:
**Fecal Immunochemical Test (FIT),
FIT-DNA test (or stool DNA test)
or Fecal Occult Blood Test (FOBT)**
- You do these tests at home and send stool samples to a doctor's office or lab.
- These tests show if there is blood in your stool.
- If blood is found, you will need to have a **colonoscopy** to find the cause of the bleeding.
- These tests are safe and easy to complete. No time off from work is needed.
- **FIT** and **FOBT** are done once a year.
FIT-DNA is done once every three years.

Colonoscopy

- A colonoscopy is done in a doctor's office or other medical place.
- The doctor looks for growths (polyps) or cancer in the rectum and colon.
- Any polyps found during the test can be removed. This may help prevent cancer.
- You will be given medicine to make you more comfortable or to put you to sleep during the test.
- If the results of your test are normal, a colonoscopy can be done once every 10 years. Otherwise, your doctor will tell you when you should have the next test.

Flexible Sigmoidoscopy

- A flexible sigmoidoscopy is done in a doctor's office or other medical place.
- The doctor checks for growths (polyps) or cancer inside the rectum and lower part of the colon.
- This test is done every five years, or every 10 years with a FIT every year.

Did You Know...

- **Colorectal cancer is the #2 cause of cancer deaths, but it doesn't have to be.**
- **Screening tests can find colorectal cancer early, when treatment works best.**
- **Tests can find growths (polyps) so they can be removed before they turn into cancer.**
- **Colorectal cancer or polyps may not cause symptoms, especially early on. Don't wait for symptoms before you get tested.**

Talk to your health care provider and choose the test that's right for YOU.