

What kind of **colon cancer screening** should I get?



	Colonoscopy	Cologuard <i>(at home stool DNA test)</i>
What is it?	A procedure that lets your health care provider see inside of your colon using a flexible tube called a colonoscope, which has a small camera on one end.	A non-invasive stool (poop) test that detects DNA and blood from abnormal cells.
Who should get it?	All adults aged 45-75. Ask your doctor if you are 75+.	Adults aged 45-75 who are at average risk (no personal or family history of colon polyps or colon cancer).
How often?	Once every 10 years if you have normal results.	Once every three years if you have normal results.
Prep	Involves taking a laxative to clear your bowels and avoiding solid foods for 12-24 hours before the test.	No preparation needed; you can eat and drink normally before the test.
Pros	<ul style="list-style-type: none"> • Known as The Gold Standard. • Can find and remove polyps during the procedure. • Checks the entire colon. • The most thorough screening method. • Can prevent cancer by removing precancerous polyps. • The only test recommended for people with risk factors like personal history of polyps or cancer, family history of colon cancer, or personal history of inflammatory bowel disease. 	<ul style="list-style-type: none"> • At-home use. • No anesthesia required. • Detects 92% of colon cancers.
Cons	<ul style="list-style-type: none"> • Requires bowel preparation. • Requires sedation. • Small risk of complications (0.3%). • Requires time off work and help getting home. 	<ul style="list-style-type: none"> • Misses 1 in 13 colon cancers. • Misses more than 57% of colon polyps that could become cancer. • Higher false-positive rate. • Cannot remove polyps if found. • If you test positive, you will need a follow-up colonoscopy.