

## Colon Cancer Screening Guidelines

Getting regular checkups and colon cancer screening is the best way to prevent colorectal cancer. Finding and removing colon polyps helps prevent colon cancer. In addition, colon cancer screening helps find cancer early, making a cure more likely.

### Colon Cancer Screening for People at High Risk

People with the following risks should begin colon screening **before age 50**.

- ◆ Personal history of colorectal cancer or colon polyps known as *adenomatous polyps*
- ◆ History of inflammatory bowel disease (Crohn's disease or ulcerative colitis)
- ◆ Strong family history of colorectal disease or polyps
- ◆ Family history of familial adenomatous polyposis or hereditary non-polyposis colon cancer

### Specific recommendations for high-risk people are as follows:

#### People with history of multiple or large polyps

- ◆ Colonoscopy at the time of initial polyp diagnosis.
  - If **1-2** small adenomatous polyps with low grade abnormality
    - Repeat in **5-10 years**.
  - If **3-10** adenomatous polyps or **1** adenomatous polyp **greater than 1 centimeter**
    - Repeat colonoscopy within **3 years** after polyp removal
  - With certain types of polyps or with **high grade abnormality**,
    - Repeat colonoscopy within **3 years**
    - If normal, repeat again in **5 years**
  - If **more than 10** adenomatous polyps
    - Repeat in **less than 3 years**
  - If polyps permanently attached and not on a stem and removed in portions
    - Repeat colonoscopy in **2-6 months** to verify complete polyp removal

## People who have had surgery for colorectal cancer

- ◆ Colonoscopy within **1 year** after surgery
  - If normal, repeat in **3 years**
  - If still normal, repeat in **5 years**.

## People with a family history of colorectal cancer

- ◆ Colonoscopy at **age 40 or 10 years** before the age that the immediate family member was diagnosed with cancer, whichever is earlier.
  - If normal, repeat every **5 years**

## People with a family history of Familial Adenomatous Polyposis

- ◆ At **age 10 to 12**, annual flexible sigmoidoscopy.
  - If positive genetic test, colon removal should be considered because of very high risk of colorectal cancer.
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## People with a family history of Hereditary Nonpolyposis Colon Cancer

- ◆ Colonoscopy every **1-2 years**, starting at **age 20 to 25 or 10 years before age that immediate family member had cancer**, whichever is earlier
- ◆ Genetic testing offered to first-degree family members

## People with Inflammatory Bowel Disease (Crohn's or Ulcerative Colitis)

- ◆ Colonoscopy every **1-2 years**, starting **8 years** after it involves the entire colon or **12-15 years** after the start of **left-sided colitis**.