

Your options for colon cancer screening

Colon cancer is a preventable illness, but still remains the second most common cause of cancer deaths in the United States, according to the Center for Disease Control. In most cases, it starts with small lesions, called polyps, in the colon that eventually become cancerous, if not removed. Compared to other forms of cancers, colon cancer is a very curable cancer, if found early.

The majority of people with colon cancer do not have any particular risk factors other than age. The American College of Gastroenterology recommends that everyone should start colon cancer screening at age 45. However, certain populations should start earlier and get screened more frequently. Persons with a family history of colon cancer or polyps should start at age 40 or 10 years before the youngest person in the family was diagnosed with colon cancer. People with a prior history of polyps or inflammatory disease of the bowel, such as Crohn's disease or ulcerative colitis should also be screened more frequently. Most people do not have any symptoms at the onset of colon cancer which is why screening is recommended. Symptoms may include rectal bleeding, abdominal pain, altered bowel habits, weight loss and anemia.

Any screening test is better than no screening at all. There are many screening methods available. The best option for you will depend on your personal health, family history and recommendation from your doctor.

Schedule your exam

Contact your primary care provider and discuss your options. Your doctor will schedule your exam accordingly.

Billing

Insurance companies allow only one screening test every one to 10 years, based on your plan benefits. Please check your plan benefits regarding coverage of screening options.

We are able to provide a price estimate, to give you an approximate amount you might owe after insurance. To gain an accurate estimate, you will need to contact Prevea Health for the physician portion and HSHS for the procedural portion of the fees.

Prevea Health

Call (920) 496-4700

Visit prevea.com/price-estimate

HSHS

Call (920) 433-8122

Visit stmgb.org/estimate or stnicholashospital.org/estimate

Please note, we are unable to assist with quotes for Cologuard as billing is completed through the manufacturer.



YOUR OPTIONS

| | Colonoscopy | Cologuard | Fecal occult blood test or fecal immunochemical test |
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| What is it? | <p>Colonoscopy is the only test that is both diagnostic and therapeutic, and it is the most thorough and comprehensive exam. A flexible tube is inserted through the rectum into the large intestine (colon) and allows the physician to carefully examine the lining of the colon and remove any polyps.</p> | <p>It is a test that detects altered DNA or blood in your stool, which can be indications of cancer and pre-cancer.</p> | <p>It is a stool test that checks for hidden blood from advanced or cancerous growths in the colon.</p> |
| Good candidates are those who: | <ul style="list-style-type: none"> • Need their first preventative colon cancer screening • Have a family history of colon cancer • Have a history of colon polyps • Have a history of colon cancer • Experience rectal bleeding, change in bowel habits, constipation, lower abdominal pain and other GI related symptoms | <ul style="list-style-type: none"> • Have no personal or family history of colon cancer • Have no personal history of colon polyps | <ul style="list-style-type: none"> • Have no personal or family history of colon cancer • Have no personal history of colon polyps |
| What's involved? | <ul style="list-style-type: none"> • A colonoscopy requires a prep to clear the colon the day prior to the procedure. • The day of the procedure, you will receive sedation so you don't feel anything during the procedure. • If any precancerous polyps are found, they will be removed. • You will need a ride home from procedure and you will be unable to work that day. | <ul style="list-style-type: none"> • The test is done at home via a kit that is mailed to your home. • If the test comes back positive, you may be required to have a colonoscopy to confirm the result and to obtain a biopsy of the possible cancer or to remove any polyps. <p>The colonoscopy may be applied to your deductible.</p> | <ul style="list-style-type: none"> • The test is done at home. You would pick up the test kit from any Prevea Health lab location, collect your stool sample and bring it back to the lab. • If the test comes back positive, you may be required to have a colonoscopy to confirm the result and to obtain a biopsy of the cancer or to remove any polyps. <p>The colonoscopy may be applied to your deductible.</p> |