

Using Conversation Cards to Help Your Patients Select an Option for Colorectal Cancer Screening



- » These Conversation Cards are to be used with patients not previously screened or not up-to-date with screening.
- » Each Conversation Card features the attributes of a different colorectal cancer screening test option.

How to use the cards:

- Step 1:** Prior to the appointment, clinician eliminates cards for any tests that they do not recommend or that are not available to the patient.
- Step 2:** Clinician presents remaining cards to patient. Options presented to patient should include available stool-based and structural (visual) tests.
- Step 3:** Clinician and patient review the cards, clarify any information, and discuss the patient's preferences for testing based on the attributes of each test.
- Step 4:** Clinician helps patient select a screening test and then orders the test.

Fecal Immunochemical Test (FIT)

UNDERSTANDING COLORECTAL CANCER SCREENING

What is this test called?
Fecal Immunochemical Test (FIT)

What type of test is this?
This is a test that checks for blood in your stool. It is done at home using a kit your doctor will give you.

How is the test done?
You will do this test at home. You do not have to change your diet for this test. You will place a little stool on cards or in vials. The kit will come with instructions for how to mail your sample to the lab.

Will I have to take time off work?
No. You do not need to take time off work. You do this test at home at your convenience.

How often should I do this test?
ONCE A YEAR

What happens if the test is positive?
If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.

How much does it cost?
Most insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.

High-sensitivity Guaiac-based Fecal Occult Blood Test (HSgFOBT)

UNDERSTANDING COLORECTAL CANCER SCREENING

What is this test called?
High-sensitivity Guaiac-based Fecal Occult Blood Test (HSgFOBT)

What type of test is this?
This is a test that checks for blood in your stool. It is done at home using a kit your doctor will give you.

How is the test done?
You need to avoid certain foods and medicines for a few days before the test. Your doctor will tell you what to avoid and for how long. You will do this test at home. You will place a little stool on the card. Use one card per bowel movement for 3 separate bowel movements. The kit will come with instructions for how to mail your sample to the lab.

Will I have to take time off work?
No. You do not need to take time off work. You do this test at home at your convenience.

How often should I do this test?
ONCE A YEAR

What happens if the test is positive?
If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.

How much does it cost?
Most insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.

Multi-target Stool DNA Test (MT-sDNA)

UNDERSTANDING COLORECTAL CANCER SCREENING

What is this test called?
Multi-target Stool DNA Test (MT-sDNA)

What type of test is this?
This is a test that checks your stool for blood and abnormal DNA from polyps or cancer. It is done at home using a kit your doctor will have shipped to your home.

How is the test done?
You will do this test at home. You do not have to change your diet for this test. You will have a bowel movement into the container provided in the kit. You will also collect a small sample of that stool and put it in a sample vial. The kit will come with instructions for how to mail your bowel movement and stool sample to the lab.

Will I have to take time off work?
No. You do not need to take time off work. You do this test at home at your convenience.

How often should I do this test?
EVERY 3 YEARS

What happens if the test is positive?
If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.

How much does it cost?
Some insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.

Colonoscopy

UNDERSTANDING COLORECTAL CANCER SCREENING

What is this test called?
Colonoscopy

What type of test is this?
A colonoscopy is a visual test done by a doctor. It uses a tube with a tiny camera to look for and remove polyps and cancer inside your colon and rectum.

How do I prepare for this test?
The day before the test, you have to follow a clear liquid diet. You will be given a prep kit and something to drink to take the night before and the morning of the test. It will cause diarrhea (watery stool), so you need to stay near a toilet. This empties the colon so the doctor can have a clear look.

Will it hurt?
No. You will get medication through a vein in your arm (an IV). It puts you to sleep, so you don't feel any discomfort.

Will I have to take time off work?
Yes. You will need to take 1 or 2 days off work. You will also need someone to drive you to the test and take you home after.

How much of the colon does this test look at?
A colonoscopy checks the entire colon and rectum.

How often should this test be done?
EVERY 10 YEARS*

How much does it cost?
Most insurance plans, including Medicare, cover this screening test. Check with your insurance company about your coverage.

CT Colonography (CTC)

UNDERSTANDING COLORECTAL CANCER SCREENING

What is this test called?
CT Colonography (CTC)

What type of test is this?
A CT colonography (virtual colonoscopy) is a visual test done by a doctor. It looks for polyps and cancer inside your colon and rectum with an x-ray machine.

How do I prepare for this test?
The day before the test, you have to follow a clear liquid diet. You will be given a prep kit and something to drink to take the night before and the morning of the test. It will cause diarrhea (watery stool), so you need to stay near a toilet. This empties the colon so the doctor can have a clear look.

Will it hurt?
Air is inserted into the colon with a small tube. Some patients feel discomfort during this test.

Will I have to take time off work?
You may need to take a day or half day off work to prepare and to have the test done.

How much of the colon does this test look at?
A CT colonography checks the entire colon and rectum.

How often should this test be done?
EVERY 5 YEARS

How much does it cost?
Insurance plans may not cover this screening test. Medicare does not cover it at this time. Check with your insurance company about your coverage.

Flexible Sigmoidoscopy (FS)

UNDERSTANDING COLORECTAL CANCER SCREENING

What is this test called?
Flexible Sigmoidoscopy (FS)

What type of test is this?
A flexible sigmoidoscopy is a visual test done by a doctor. It uses a tube with a tiny camera to look for polyps and cancer in part of your colon and rectum.

How do I prepare for this test?
The day before the test, you have to follow a clear liquid diet. The day of the test, you will get a prep kit and 2 enemas. These cause diarrhea (watery stool) and empty the colon so the doctor can have a clear look.

Will it hurt?
Patients do not usually get pain medication during this test. Some patients may feel pressure and cramping during this test.

Will I have to take time off work?
You may need to take a day or half day off work to prepare and to have the test done.

How much of the colon does this test look at?
A flexible sigmoidoscopy checks the lower part of the colon and the rectum.

How often should this test be done?
EVERY 5 YEARS

How much does it cost?
Most insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.

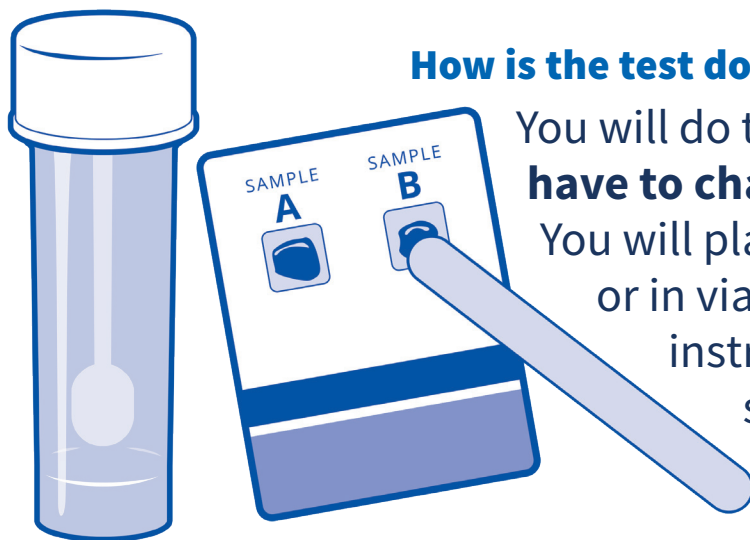


What is this test called?

Fecal Immunochemical Test (FIT)

What type of test is this?

This is a test that checks for blood in your stool. It is done at home using a kit your doctor will give you.



How is the test done?

You will do this test at home. **You do not have to change your diet for this test.**

You will place a little stool on cards or in vials. The kit will come with instructions for how to mail your sample to the lab.

Will I have to take time off work?

No. You do not need to take time off work. You do this test at home at your convenience.

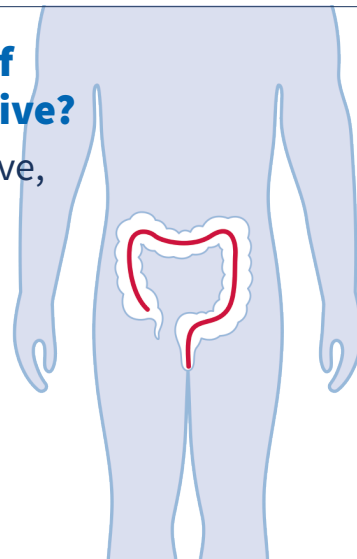


How often should I do this test?



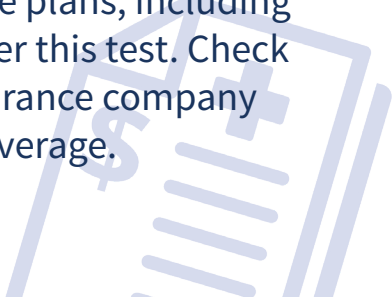
What happens if the test is positive?

If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.



How much does it cost?

Most insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.



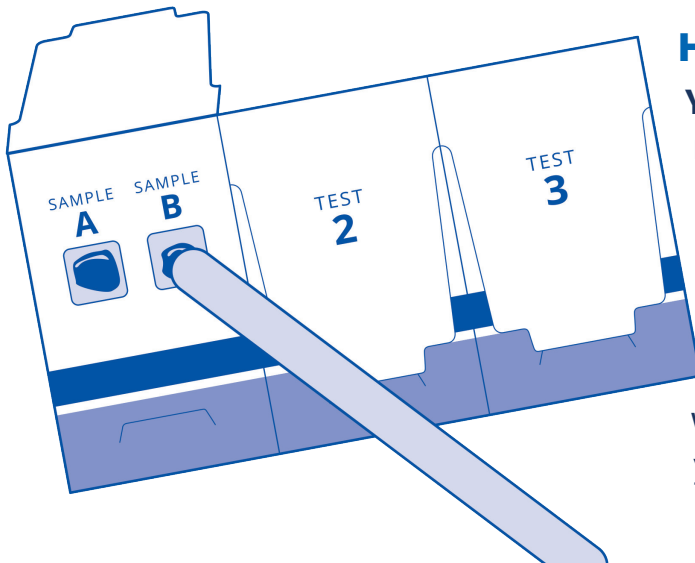


What is this test called?

High-sensitivity Guaiac-based Fecal Occult Blood Test (HSgFOBT)

What type of test is this?

This is a test that checks for blood in your stool. It is done at home using a kit your doctor will give you.



How is the test done?

You need to avoid certain foods and medicines for a few days before the test. Your doctor will tell you what to avoid and for how long. You will do this test at home. You will place a little stool on the card. Use one card per bowel movement for 3 separate bowel movements. The kit will come with instructions for how to mail your sample to the lab.

Will I have to take time off work?

No. You do not need to take time off work. You do this test at home at your convenience.

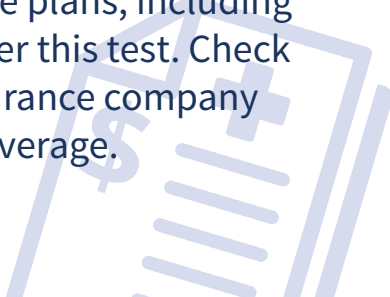


How often should I do this test?



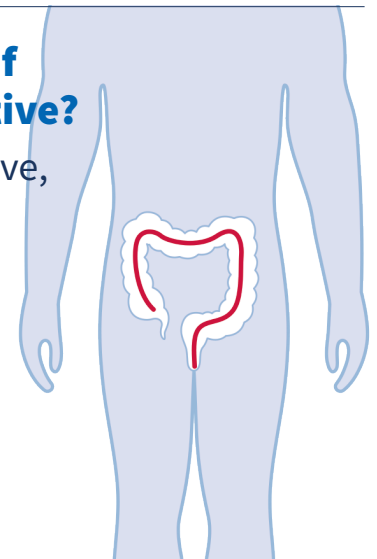
How much does it cost?

Most insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.



What happens if the test is positive?

If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.



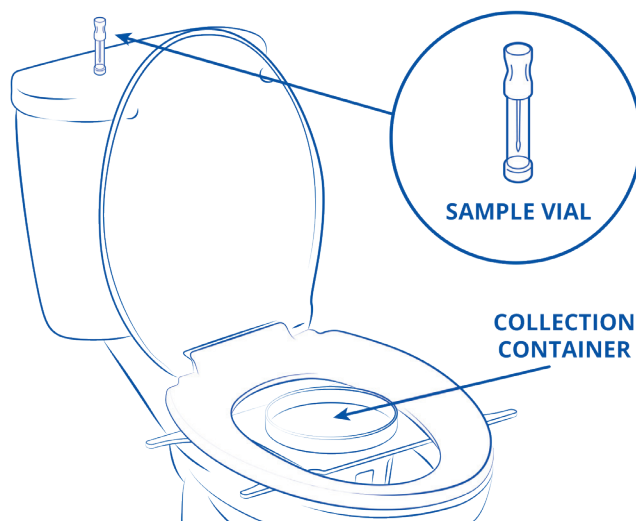


What is this test called?

Multi-target Stool DNA Test (MT-sDNA)

What type of test is this?

This is a test that checks your stool for blood and abnormal DNA from polyps or cancer. It is done at home using a kit your doctor will have shipped to your home.



How is the test done?

You will do this test at home. You do not have to change your diet for this test. You will have a bowel movement into the container provided in the kit. You will also collect a small sample of that stool and put it in a sample vial. The kit will come with instructions for how to mail your bowel movement and stool sample to the lab.

Will I have to take time off work?

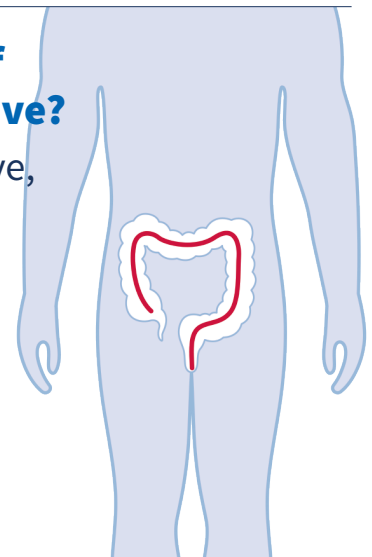
No. You do not need to take time off work. You do this test at home at your convenience.

How often should I do this test?



What happens if the test is positive?

If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.



How much does it cost?

Some insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.



What is this test called?

Colonoscopy

What type of test is this?

A colonoscopy is a visual test done by a doctor. It uses a tube with a tiny camera to look for and remove polyps and cancer inside your colon and rectum.

How do I prepare for this test?

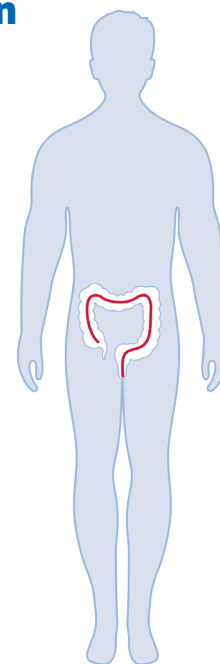
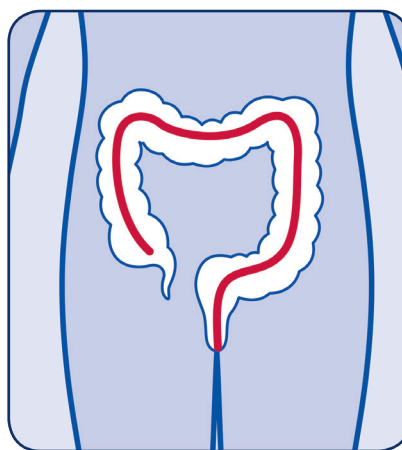


The day before the test, you have to follow a clear liquid diet. You will be given a prep (tablets and something to drink) to take the night before and the morning of the test. It will cause diarrhea (watery stool), so you need to stay near a

toilet. This empties the colon so the doctor can have a clear look.

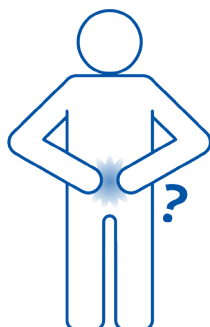
How much of the colon does this test look at?

A colonoscopy checks the entire colon and rectum.



Will it hurt?

No. You will get medication through a vein in your arm (an IV). It puts you to sleep, so you don't feel any discomfort.



Will I have to take time off work?

Yes. You will need to take 1 or 2 days off work. You will also need someone to drive you to the test and take you home after.



How often should this test be done?

EVERY 10 YEARS*

* More often if polyps are found

How much does it cost?

Most insurance plans, including Medicare, cover this screening test. Check with your insurance company about your coverage.



What is this test called?

CT Colonography (CTC)

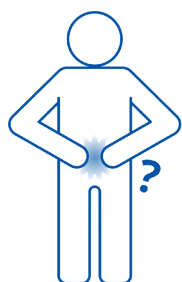
What type of test is this?

A CT colonography (virtual colonoscopy) is a visual test done by a doctor. It looks for polyps and cancer inside your colon and rectum with an x-ray machine.

How do I prepare for this test?



The day before the test, you have to follow a clear liquid diet. You will be given a prep (tablets and something to drink) to take the night before and the morning of the test. It will cause diarrhea (watery stool), so you need to stay near a toilet. This empties the colon so the doctor can have a clear look.



Will it hurt?

Air is inserted into the colon with a small tube. Some patients feel discomfort during this test.

How often should this test be done?

EVERY 5 YEARS



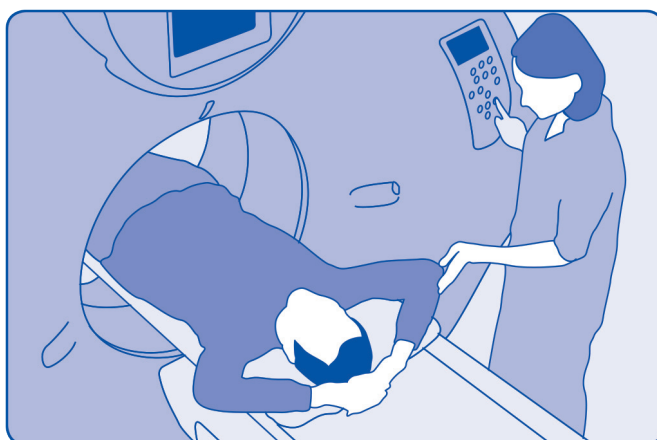
Will I have to take time off work?

You may need to take a day or half day off work to prepare and to have the test done.



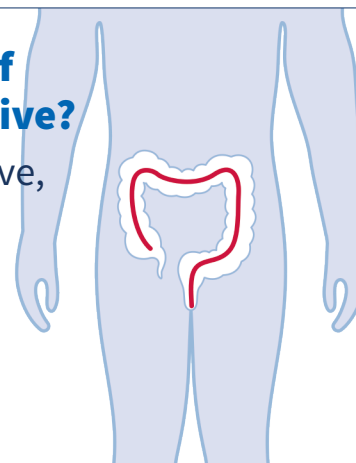
How much of the colon does this test look at?

A CT colonography checks the entire colon and rectum.



What happens if the test is positive?

If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.



How much does it cost?

Insurance plans *may not* cover this screening test. Medicare does not cover it at this time. Check with your insurance company about your coverage.



What is this test called?

Flexible Sigmoidoscopy (FS)

What type of test is this?

A flexible sigmoidoscopy is a visual test done by a doctor. It uses a tube with a tiny camera to look for polyps and cancer in part of your color and rectum.

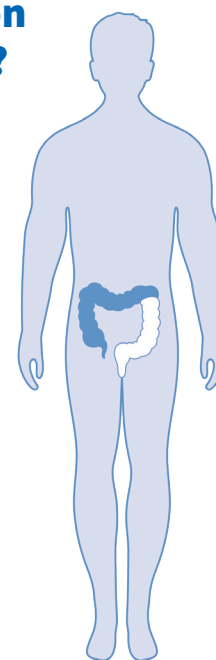
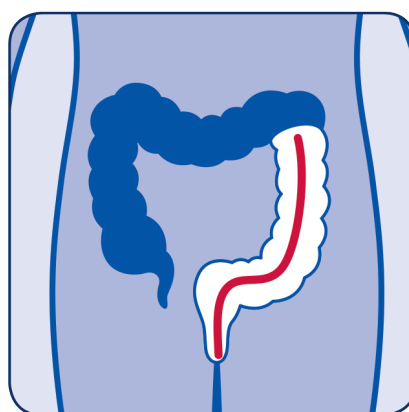
How do I prepare for this test?



The day before the test, you have to follow a clear liquid diet. The day of the test, you will give yourself 1 or 2 enemas. These cause diarrhea (watery stool) and empty the colon so the doctor can have a clear look.

How much of the colon does this test look at?

A flexible sigmoidoscopy checks the lower part of the colon and the rectum.



Will it hurt?

Patients do not usually get pain medication during this test. Some patients may feel pressure and cramping during this test.

How often should this test be done?

EVERY 5 YEARS



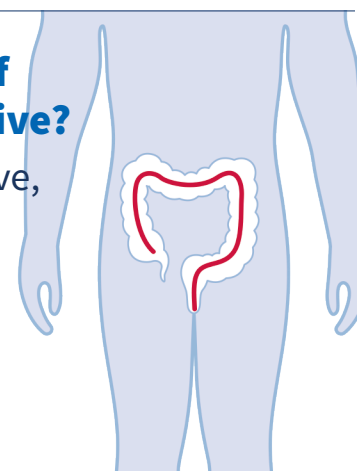
Will I have to take time off work?

You may need to take a day or half day off work to prepare and to have the test done.



What happens if the test is positive?

If the test is positive, you will need a colonoscopy to find out whether there are polyps or cancer.



How much does it cost?

Most insurance plans, including Medicare, cover this test. Check with your insurance company about your coverage.