Get the facts about colon cancer screenings.

Why is having a colon cancer screening important?
As you age, small growths called polyps can start to appear inside your colon. You can’t tell they are there. They can become cancer over time, but you may not know it—because in many cases, there are no symptoms. The only way to know if cancer is there is to have a colon cancer screening. If you’re 50 or older, you should ask your healthcare provider about scheduling the screening.
Choose the colon cancer screening that’s right for you.

There are several types of colon cancer screenings available, but we recommend either a colonoscopy or a fecal immunochemical test (FIT). Talk to your healthcare provider about both and decide which one is better for you.

**What is a colonoscopy?**

A colonoscopy is a procedure performed by a healthcare provider who will sedate you and then look at your colon using special technology to locate polyps that could become cancer. The test can actually remove polyps on the spot, if they are found, to decrease any future risk of colon cancer.

**What is a fecal immunochemical test (FIT)?**

A fecal immunochemical test finds blood in your stool, which can be a sign that you are at risk for colon cancer. The test is done at home, where you collect several samples of your stool and then send them to the lab for testing.

Talk to your healthcare provider today about the screening that’s right for you. Or visit [HealthyDelaware.org/colon](https://HealthyDelaware.org/colon) and complete a simple form to have a Cancer Screening Nurse Navigator schedule a screening for you.