

# 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

**STOOL TESTS**

**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

**STOOL TESTS**

**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

**STOOL TESTS**

**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.

STOOL TESTS

### Colonoscopy

UNDERSTANDING COLORECTAL CANCER SCREENING

**VISUAL TESTS**

**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 tablet 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.

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

**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 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

**VISUAL TESTS**

**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 tablet 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 CT colonography checks the entire colon and rectum.

**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**

**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.

**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 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

**VISUAL TESTS**

**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 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**

**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.

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

VISUAL TESTS

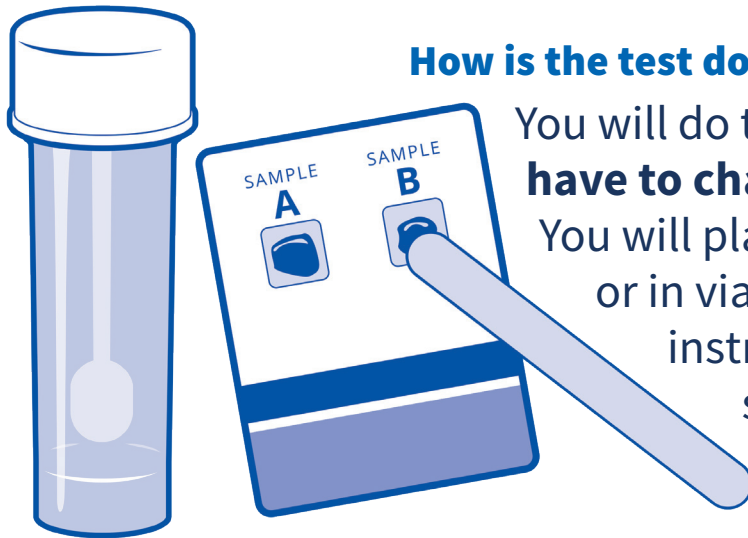


## What is this test called?

# 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.

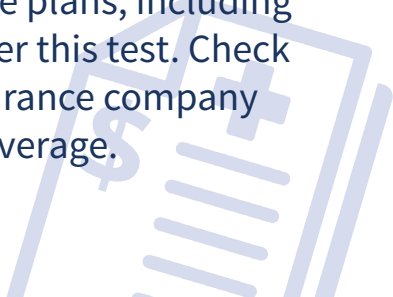


## How often should I do this test?



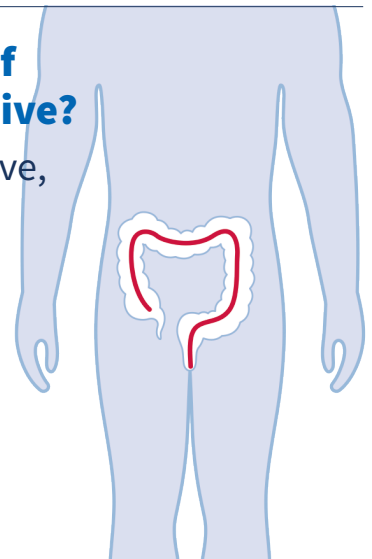
## How much does it cost?

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## 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.



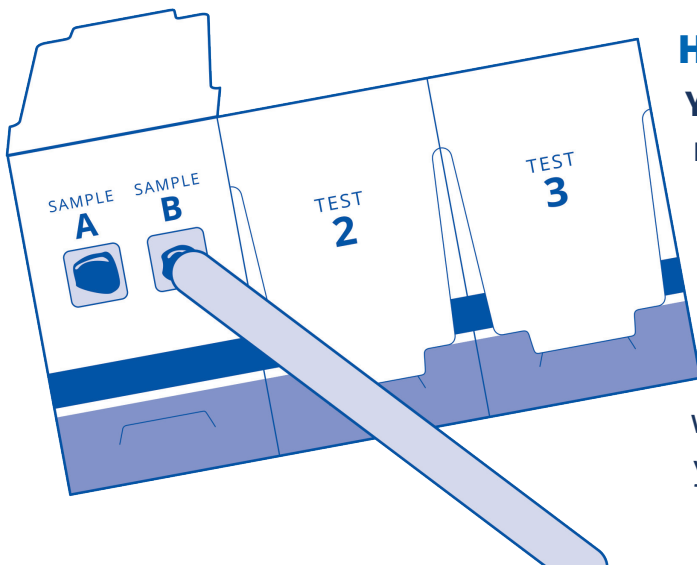


## What is this test called?

# 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.

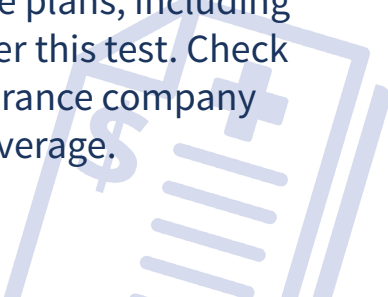
## Will I have to take time off work?

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



## How much does it cost?

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

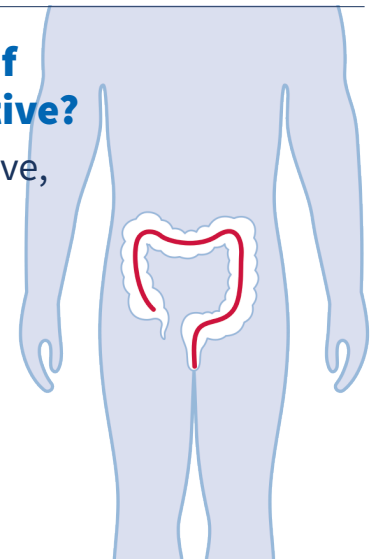


## How often should I do this test?



## 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.



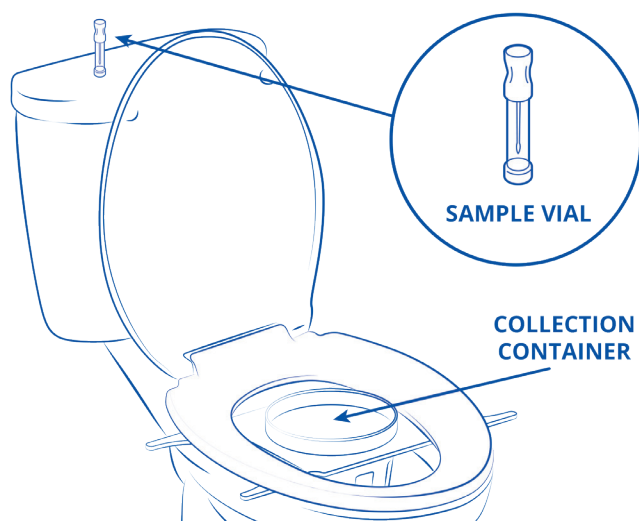


## What is this test called?

# 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?

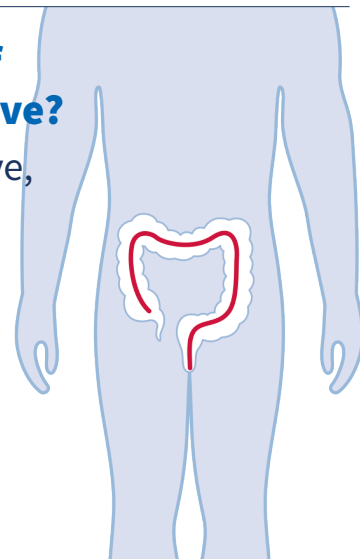


## How much does it cost?

Some 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?

# 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?

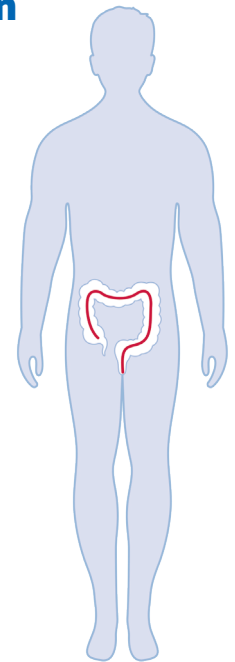
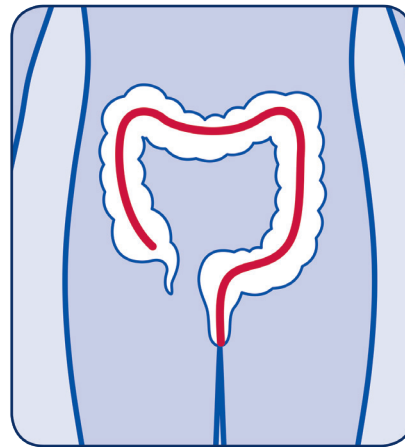


The day before the test, you have to follow a clear liquid diet. You will be given a prep (tablets and something to drink) to take the night before and the morning of the test. It will cause diarrhea (watery stool), so you need to stay near a

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

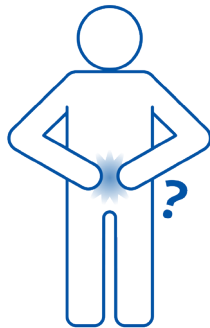
### How much of the colon does this test look at?

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)

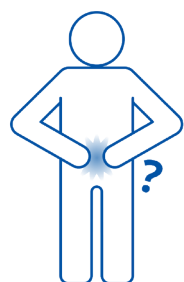
## What type of test is this?

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.

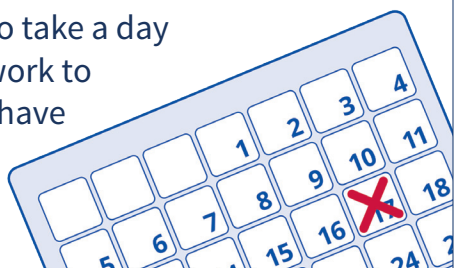
## How often should this test be done?

**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?

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## What type of test is this?

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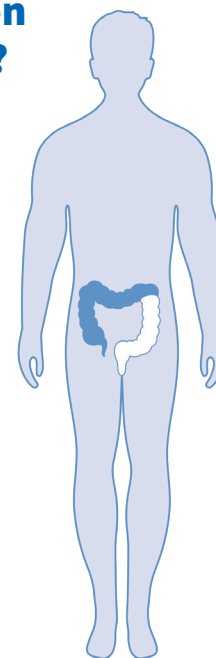
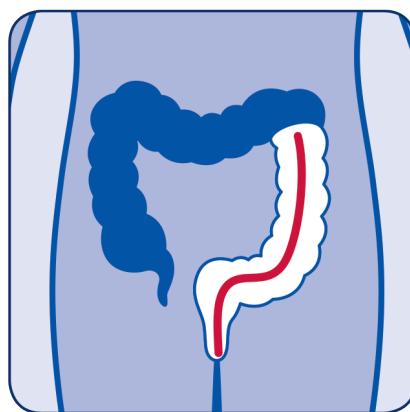
### How do I prepare for this test?



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.

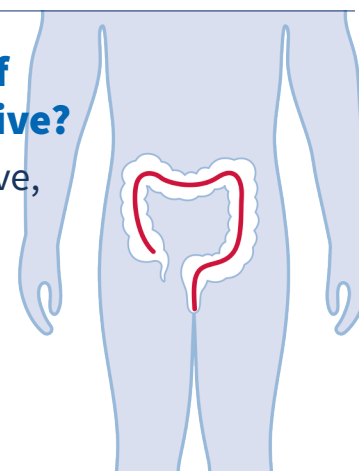
### How often should this test be done?

**EVERY 5 YEARS**



### 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.



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