

# Why Colonoscopy is the Best Way to Screen for Colon Cancer

COLON CANCER SCREENING TESTS	COLONOSCOPY	COLOGUARD	IFOBT OR FIT "STOOL CARDS"	GFOBT "STOOL CARDS"
TESTS FOR:	Colon polyps (abnormal growths), finding and removing them <b>before</b> they become cancer. Causes of symptoms such as diarrhea, abdominal pain or blood in the stool.	Altered DNA or blood in stool	Antibodies to detect blood in stool	Blood in stool
DIET:	Includes low fiber, clear liquids, avoiding some foods and a bowel preparation.	No special diet	No special diet	Must avoid certain foods 3 days before test
SAMPLES TESTED:	Polyps removed at appointment while sedated (need a companion).	One stool sample via kit sent in mail	One stool sample via "stool card" sent in mail	3 stool samples in a row via "stool cards" sent in mail
ACCURACY:	<b>90% accurate</b> Detects colon cancer early when treatment works best	<b>74% accurate</b> Can have false positive results	<b>20-50% accurate</b> Less likely to detect blood in upper colon	<b>40-60% accurate</b> If 10 people had colon cancer, this test would be positive for 4 to 6 people.
HOW OFTEN?	Every 10 years (unless polyps are found or if diagnosis is made)	Every 3 years	Yearly testing	Yearly testing

If test is positive, a colonoscopy will be needed.