



Colorectal cancer is preventable. Screening helps.



Colorectal cancer usually does not have any symptoms. It often starts as polyps—small growths in your colon or rectum. Screening finds them early before they become cancer.

Start screening at age 45 or earlier if you have a family history or have a higher risk. Test sampling kits you can do yourself and other screening options are available.

Talk to your provider. Find the test that fits you.

Which colorectal screening option fits you?

Test Type	What is it?	How often?	Where?	What does it do?	Follow-up?
Colonoscopy	Exam of your colon with a camera.	Every 10 years	Coordinate exam with your care team	Finds and removes colon polyps (growth); can diagnose colorectal cancer.	Usually none
Cologuard	Stool (poop) test for DNA and check for traces of blood.	Every 3 years	Take it with you to complete it in the bathroom.	Screens for signs of colorectal cancer.	Colonoscopy if your Cologuard is positive.
FIT Kit	Stool test to check for traces of blood.	Every year	Take it with you to complete it in the bathroom.	Screens for signs of colorectal cancer.	Colonoscopy if your FIT is positive.

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