



# Let's talk about poop. It could save your life.



Colorectal cancer often grows silently without any symptoms. But it's one of the most preventable cancers. It starts as polyps—small growths in your colon or rectum.

**Start getting screened at age 45, even if you feel fine.** Screenings can find any polyps so they can be removed before they become cancer.

Talk to your provider to choose the test that works for you. If you're at high risk of colorectal cancer based on family history, you may need to start early.

**Screening = Prevention. Prevention = Taking control of your health.**

# There are many options, including tests you can do yourself.

## Which colorectal screening option fits you?

Test Type	What is it?	How often?	Where?	What does it do?	Follow-up?
<b>Colonoscopy</b>	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
<b>Cologuard</b>	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.
<b>FIT Kit</b>	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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