

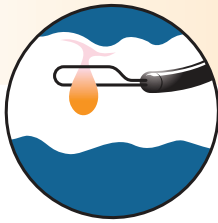


DIGESTIVE HEALTH  
PHYSICIANS ASSOCIATION®

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# THE VALUE OF COLONOSCOPY

## Colonoscopy: The Gold Standard



**The only screening that detects and prevents cancer<sup>1</sup>**

**The only test recommended for people with risk factors** such as personal history of polyps or cancer, family history of cancer, or inflammatory bowel disease.<sup>1</sup>



Reduces the incidence of cancer by

**89%**<sup>4</sup>

**The best test for finding precancerous polyps<sup>2,3</sup>**

Prevents colon cancer by **removing polyps before they can turn into cancer<sup>1</sup>**

## When Should I Start Screening?

The American Cancer Society and the U.S. Preventative Services Task Force recommend average-risk people start screening at age

**45**<sup>5,6</sup>\*

*\*Depending on family history, screening may be recommended at age 40 or younger*

## How Often is Colonoscopy Recommended?

Colonoscopy is **the only test recommended at 10-year intervals** if no polyps are found

*Your gastroenterologist will recommend the interval of repeat colonoscopy based on findings during colonoscopy and surveillance guidelines*

**10**<sup>1</sup>  
YEARS

**REFERENCES:** 1. American Society for Gastrointestinal Endoscopy. Colorectal Cancer Screening. [https://www.asge.org/docs/default-source/default-document-library/colorectalscreening\\_poster\\_2020\\_digital.pdf](https://www.asge.org/docs/default-source/default-document-library/colorectalscreening_poster_2020_digital.pdf). 2. Imperiale T, Ransohoff D, Itzkowitz S, et al. Multitarget Stool DNA Testing for Colorectal-Cancer Screening. *New England Journal of Medicine*, 2014;370:1287-1297. <https://www.nejm.org/doi/full/10.1056/nejmoa1311194>. 3. Rex D, Boland C, Dominitz J et al. Colorectal Cancer Screening: Recommendations for Physicians and Patients from the U.S. Multi-Society Task Force on Colorectal Cancer. *The American Journal of Gastroenterology* 2017;112:1016-1030. <http://doi.org/10.1038/ajg.2017.174>. 4. Shaukat A, Shyne M, Mandel J, Snover D, Church T. Colonoscopy with polypectomy reduces long-term incidence of colorectal cancer in both men and women: extended results from the Minnesota Colon Cancer Control Study. *Gastroenterology*, November 16, 2020. <https://doi.org/10.1053/j.gastro.2020.11.014>. 5. American Cancer Society. American Cancer Society Guideline for Colorectal Cancer Screening. <https://www.cancer.org/cancer/colon-rectal-cancer/detection-diagnosis-staging/acs-recommendations.html>. 6. U.S. Preventative Services Task Force. Recommendation: Colorectal Cancer Screening. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>. All links accessed February 3, 2023.