

American Cancer Society Screening Guidelines for Colorectal Cancer and Polyps

Beginning at age 50, both men and women should follow one of these testing schedules:

Tests that find polyps and cancer

- Flexible sigmoidoscopy every 5 years*, or
- Colonoscopy every 10 years, or
- Double-contrast barium enema every 5 years*, or
- CT colonography (virtual colonoscopy) every 5 years*

Tests that primarily find cancer

- Yearly fecal occult blood test (gFOBT)**, or
- Yearly fecal immunochemical test (FIT) every year**, or
- Stool DNA test (sDNA), interval uncertain**

** If the test is positive, a colonoscopy should be done.*

*** The multiple stool take-home test should be used. One test done by the doctor in the office is not adequate for testing. A colonoscopy should be done if the test is positive.*