



COMMUNITY COLORECTAL CANCER RESOURCE GUIDE

2022



ACCSIS-Chicago

Accelerating Colorectal Cancer Screening and
Follow-Up Through Implementation Science

This work is supported through the National Cancer Institute Moonshot Initiative (5UH3CA233229-04).



IL-CARES | ILLINOIS COLORECTAL CANCER ALLIANCE
TO
REDUCE MORTALITY AND ENHANCE SCREENING

This work is supported through the Centers for Disease Control and Prevention's Colorectal Cancer Control Program (5 NU58DP006764-02-00).

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HOW TO USE THIS RESOURCE GUIDE

1

Read the guide to learn about *colorectal cancer* and why *prevention is important*

2

Click the links in the guide for more specific information

3

Use the Federally Qualified Health Center Directory to *find a doctor and get screened!*

4

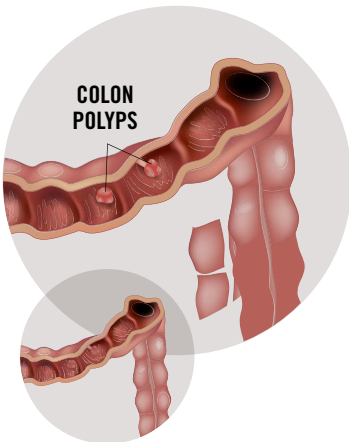
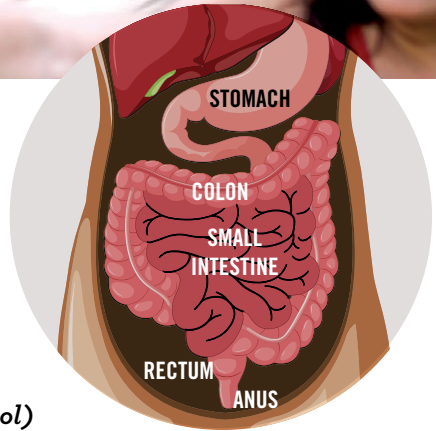
To access the Resource Guide online,
click [HERE](#)

PART 1

What is Colorectal Cancer?

COLON

- Part of the digestive system
- A tube-like organ that connects the ***small intestine*** and the ***anus***
- Removes ***water and nutrients*** from the food that is being digested
- What is leftover becomes poop (***stool***)
- Stool moves through the colon and is stored in the ***rectum***
- Stool leaves the body through the ***anus*** when you go to the bathroom



POLYP

- A small clump of cells
- Can form on the wall of the ***colon*** or ***rectum***
- ***May*** develop into colorectal cancer
- Can take about ***10 years*** to turn into cancer
- Polyps can be cancerous
- Removing polyps ***lowers your chance of developing colorectal cancer***

COLORECTAL CANCER (COLON CANCER)

- Cancer that starts in the **colon** or **rectum**
- **2nd** leading cause of cancer deaths in the United States

Learn More About Colorectal Cancer

What is Colorectal Cancer?

- https://www.cdc.gov/cancer/colorectal/basic_info/what-is-colorectal-cancer.htm

Colorectal Cancer Statistics: Did You Know?

- <https://www.youtube.com/watch?v=oQWcNHQ7TII>

“The Bums and the Bees” – Talking to your doctor about CRC

- <https://www.youtube.com/watch?v=jAezih2jduQ>

Screening for CRC – Don’t Wait

- <https://www.youtube.com/watch?v=IoBDdXr8RLU>

¿Qué es el Cáncer Colorrectal?

- https://www.cdc.gov/spanish/cancer/colorectal/basic_info/what-is-colorectal-cancer.htm

Cáncer de Colon y Recto

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_SP.pdf
- <https://medlineplus.gov/spanish/colorectalcancer.html>

Jimmy Smits: La Vida Real – El examen para detectar el cáncer colorrectal salva vidas

- <https://www.youtube.com/watch?v=t6jkS4ZWoUM&list=PLFC3CCB4AEE59D4EC>

مقيت سمل او نول ووقلا ن اطرس

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_ARA.pdf





结肠癌和直肠癌

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum-CHS.pdf

結腸癌和直腸癌

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum-CHT.pdf

Cancer du côlon et du rectum

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_FR.pdf

大腸癌および直腸癌

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_Jp.pdf

결장암과 직장암

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_Ko.pdf

कोलोन र रेक्टमको क्यान्सर

- https://www.healthinfotranslations.org/pdfDocs/CancerColonRectum_NEPALI.pdf

Рак толстой и прямой кишки

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_RUS.pdf

Kansarka xiidmaha iyo Dabada

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_SOM.pdf

Ung đại tràng và trực tràng

- https://www.healthinfotranslations.org/pdfDocs/Cancer_Colon_Rectum_VIET.pdf



**STOMACH
DISCOMFORT
OR CRAMPING**

SIGNS AND SYMPTOMS OF COLON CANCER

Many people ***do not*** experience ***any symptoms*** of colorectal cancer

If there are symptoms, they might be:

- Blood in stool or toilet after going to the bathroom
- Change in bowel habits:
 - ***Diarrhea*** for more than 3 days
 - ***Constipation*** for more than 2 weeks
- Change in color or shape of your stool
- Stomach discomfort or cramping
- Fatigue or weakness
- ***Unexplained*** weight loss
- Anemia
- Feeling bloated

If you experience these symptoms, it is time to ***talk to a doctor***

Learn More About Signs and Symptoms

Know the Signs and Symptoms of Colorectal Cancer

- <https://vimeo.com/395546221>

Colon Cancer: About and Symptoms

- https://coloncancercoalition.org/wp-content/uploads/2019/02/2019_About_CC_Brochure_editable.pdf

Cáncer de colon: Información general y síntomas

- https://coloncancercoalition.org/wp-content/uploads/2014/01/2016_About_CC_Brochure_SPANISH.pdf

Le Cancer du Côlon: Informations et symptômes

- https://coloncancercoalition.org/wp-content/uploads/2014/01/About_CC_Brochure_FRENCH.pdf

结肠癌：简介及症状

- https://coloncancercoalition.org/wp-content/uploads/2014/01/About_CC_Brochure_CHINESE.pdf

대장암: 질병 정보 & 증상

- https://coloncancercoalition.org/wp-content/uploads/2014/01/About_CC_Brochure_KOREAN.pdf

RISK FACTORS FOR COLON CANCER

Factors That Cannot Be Changed

Age

- CRC typically occurs in people **45-75** years old

Inflammatory Bowel Disease (IBD)

- Crohn's disease
- Colitis
- Ulcerative colitis

Learn More About IBD

You and IBD:

- <http://youandibd.com/en-ibd/home>

What is Crohn's Disease?:

- <http://youandibd.com/en-ibd/view/m101-a1-what-is-crohns-disease-animation>

What is Ulcerative Colitis?:

- <http://youandibd.com/en-ibd/view/m101-a2-what-is-ulcerative-colitis-animation>

Radiation Treatment

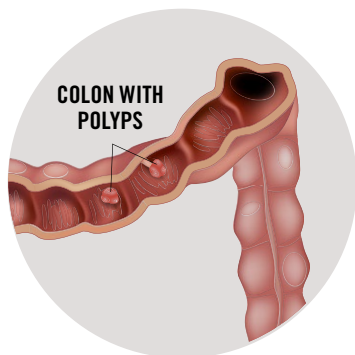
- If you have received radiation treatment to the abdomen and pelvis area in the past for cancer treatment



Personal History of Polyps or CRC

Family History

- Someone with a **first-degree relative who has had CRC** is at higher risk
- A **first-degree relative** is a parent, grandparent, sibling, aunt, uncle, niece, nephew, or child
- Knowing your **family history** can help **save your life**
 - Fill out the **Family Health History Tree** with your family members to learn about their health history
 - A **hereditary condition** can be passed from a parent to their child
 - Some hereditary conditions can cause CRC, such as:
 - > **LYNCH SYNDROME**
 - Also known as HPNCC (Hereditary Non-polyposis Colorectal Cancer)
 - A common cause of **genetic colorectal cancer**
 - If you have a family history, you are more **likely to develop CRC before age 50**
 - **Can be a risk factor for other cancers:** Uterine, stomach, liver, kidney, brain, and some types of skin cancers



These 3-questions can help you identify if you might have Lynch Syndrome:

1. Do you have a **family history** of CRC or Lynch syndrome cancer (uterine, stomach, liver, kidney, brain, and some types of skin cancers) **diagnosed before age 50**?
2. Have you had CRC or polyps **diagnosed before age 50**?
3. Do you have 3 or more **first-degree relatives** (parent, grandparent, sibling, aunt, uncle, niece, nephew, or child) with CRC?

IF YOU ANSWERED “YES” TO ANY OF THESE QUESTIONS, TALK TO YOUR DOCTOR ABOUT LYNCH SYNDROME AND CRC SCREENING



Learn More About Lynch Syndrome:

- *Lynch Syndrome*: https://www.cdc.gov/genomics/disease/colorectal_cancer/lynch.htm
- What is Lynch Syndrome?: <https://www.ccalliance.org/screening-prevention/family-history/lynch-syndrome>

> **FAP SYNDROME (FAMILIAL ADENOMATOUS POLYPOSIS)**

- **FAP Syndrome** can be found in patients who have CRC
- **Begins as pre-cancerous polyps** known as adenomas
- Can later become **cancerous**
- FAP Syndrome can be found in your teenage years

Learn More about FAP Syndrome:

- What is FAP Syndrome?: <https://www.ccalliance.org/screening-prevention/family-history/fap-syndrome>
- **Genetic testing** can help you find out if you have **hereditary conditions**:
 - **Genes** help determine your **physical traits**, such as hair color, eye color, and height
 - Physical traits are **passed down from parents to their children** through genes
 - > Sometimes, **changes** (mutations) can take place in genes
 - > Some mutations can cause cells to grow very quickly, which **may cause cancer**
 - > If a parent has a gene mutation, their child may also have the same mutation
 - > This **increases the child's risk of developing cancer**
 - **Genetic testing** can help you find out if you have genetic mutations
 - > Examines samples of a polyp or tumor
 - > A doctor or nurse can help you find a doctor that specializes in genetic testing

Learn More About Family History

- Your Family History – It matters!:
<https://www.crcfacts.com/family-history.html>
- Family Health History Portrait:
<https://phgkb.cdc.gov/FHH/html/index.html>
- Family Health History and Cancer:
<https://www.cdc.gov/cancer/family-health-history/>
- Genetic Testing, Screening, and Prevention for People with a Strong History of Colorectal Cancer:
<https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/genetic-tests-screening-prevention.html>
- Do You Know Your Family History?:
<https://www.ccalliance.org/screening-prevention/family-history>

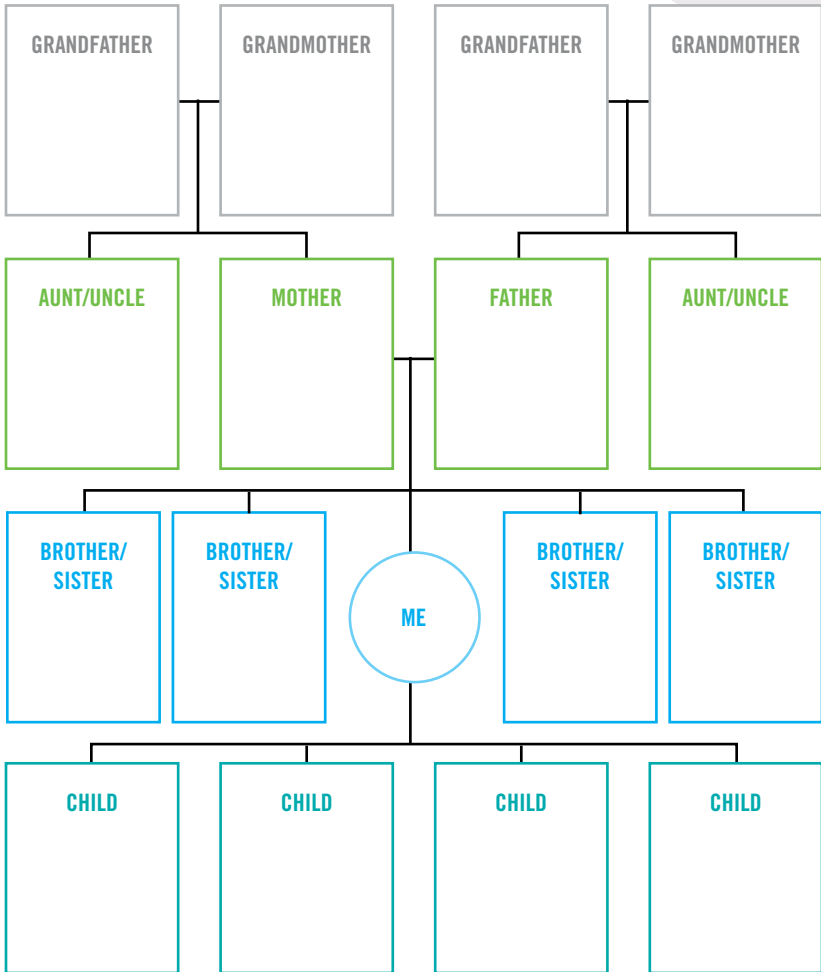


FAMILY HEALTH HISTORY TREE

Make a note if a family member has a health history including any of the following:

- Colon or rectal cancer
- Colon or rectal polyps
- Stomach or bowel problems
- Other cancers such as endometrial, kidney, stomach, small intestine, and liver
- Crohn's or colitis

- Share this information with your doctor
- Ask family members to share this information with their doctor
- Keep your family health history tree in a safe place and update it at regular family gatherings, vacations, holidays, and family reunions



Factors That Can Be Changed

- These include diet, exercise, and lifestyle changes



Regular Physical Activity

- Helps to protect health and reduce the risk of obesity
 - **Obesity** is an unhealthy distribution of fat in the body
 - People who are obese are **30% more likely to develop CRC**
- There are different types of physical activity:
 - 1. Moderate Intensity Activity**
 - Able to talk but not sing during this kind of activity
 - Examples: brisk walking, gardening, riding a bicycle under 10 miles per hour
 - Moderate intensity activity should be done for at least **2.5 hours** each week
 - 2. Vigorous Intensity Activity**
 - Only able to say a few words and trying to catch breath during this kind of activity
 - Examples: jogging, hiking, swimming, riding your bike faster than 10 miles per hour or riding on hills, jumping rope

Muscle Strengthening Activities should be done **two or more days a week**

- Examples: Lifting weights, Climbing stairs, Dancing, Yoga, Hill walking

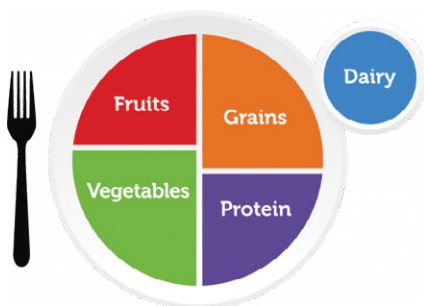
Healthy Eating

- Provides body necessary **nutrients**
- Maintains a healthy weight
- Reduces risk for obesity
- **Protects health**



• MyPlate Method

- Guide for eating healthy, balanced meals
- Recommends **eating foods from each food group** at each meal
- Each meal should have:



Fruits

- > 1 cup
- > Examples: apples, bananas, oranges



Vegetables

- > 1 cup cooked (or 1 ½ cups uncooked)
- > Examples: carrots, spinach, bell peppers

Grains

- > 1 cup
- > Examples: whole grain bread, pasta, white or brown rice, oatmeal



Protein

- > 1 cup
- > Examples: lean meats, chicken, eggs, beans

Dairy

- > 1 serving
- > Examples: yogurt, cheese, milk



- **Limited Salt Intake**

- Less than 5 grams per day
- Helps to lower blood pressure
- Helps to lower risk of heart disease, stroke, and heart attack



- **Low Alcohol Consumption**


- Drinking high amounts of alcohol can increase risk for CRC



- **No Tobacco Use**

- Smoking tobacco can increase the risk for CRC and other cancers





PART 2 Screening Guidelines and Tests

WHY IS SCREENING IMPORTANT?

- CRC is a **leading cause of cancer death for adults** in the US
- CRC screening can **lower your risk** of colorectal cancer
- Screening for CRC can:
 - Find polyps and remove them **before they turn into cancer**
 - Detect cancer early
 - **Regular screening** is critical
- CRC screening can **save lives**

***This person can
be saved with
CRC screening!***



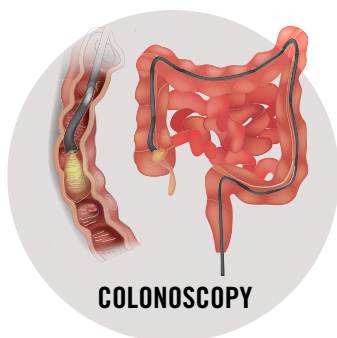
SCREENING GUIDELINES FOR AVERAGE RISK

- Someone who is at **average risk** for CRC is between the age of **45-75** and does **not have**:
 - IBD
 - Personal history of polyps or CRC
 - Family history of polyps or CRC
 - Lynch Syndrome
 - FAP Syndrome
- **Screening starts at age 45 for average risk**

- Every **year** with stool-based tests
- Every **3 years** with ColoGuard
- Every **10 years** with colonoscopy

If the results of your screening test are not normal, you may need to screen in shorter time intervals than those listed above and/or do additional tests

Talk to your doctor if you have any questions



Learn More About Screening Guidelines

U.S. Preventive Services Task Force Screening Guidelines

- <https://uspreventiveservicestaskforce.org/uspstf/announcements/final-recommendation-statement-screening-colorectal-cancer-0>

Colon Cancer Screening: 101

- https://coloncancercoalition.org/wp-content/uploads/2020/10/2020_Screening_Brochure.pdf

Guía Para Pruebas del Cancer de Colon

- https://coloncancercoalition.org/wp-content/uploads/2019/12/ScreeningGuide_2019_4x6_Card_recreated_SPAN_V4.pdf

When Should I Begin Colorectal Cancer Screening?

- <https://vimeo.com/395546206>

SCREENING OPTIONS

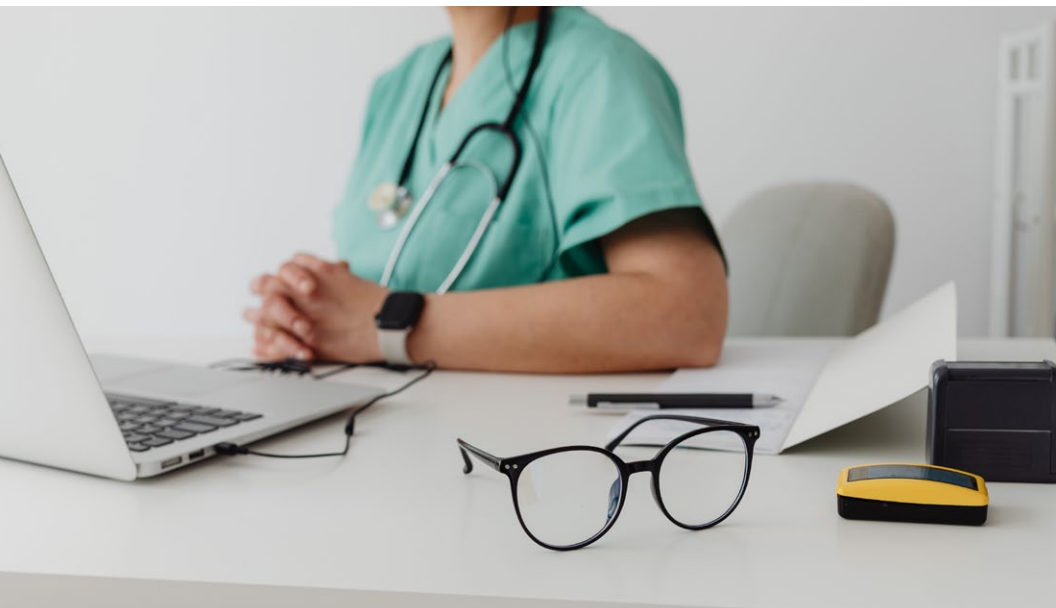
- The best screening option for you can depend on many factors
- ***A doctor will help you choose the right option***

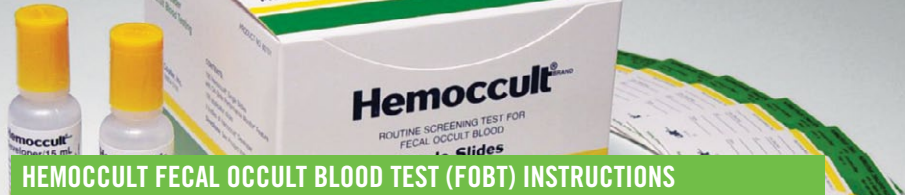
There are two common types of CRC screening:

1. **Stool-based tests**
2. **Colonoscopy**

Stool-Based Tests:

- Stool-based tests check **stool** for blood
- A **positive** result means blood was found in the stool
 - This **may** mean that there are polyps
 - This **does not** always mean there are polyps or cancer
 - If you have a positive result, **follow up with a doctor and schedule a colonoscopy**
 - A colonoscopy will help the doctor know why there was a positive result





HEMOCCULT FECAL OCCULT BLOOD TEST (FOBT) INSTRUCTIONS

- The test must be done **every year**

Before Stool Collection Instructions

- For **seven days** before and during the stool collection period **avoid** drugs such as ibuprofen, naproxen or aspirin (more than one adult aspirin a day)
- For **three days** before and during stool collection period **avoid** red meats (beef, lamb and liver)
- For **three days** before and during the stool collection period **avoid** vitamin C in excess of 250 mg a day from supplements, and citrus fruits and juices
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables

Stool Collection Instructions

STEP 1

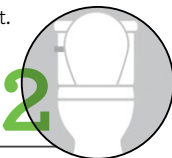
- Remove slide from paper dispensing envelope. Using a ball-point pen, write your name, age, and address on the front of the slide.

Do not tear the sections apart.



STEP 2

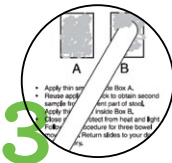
- Fill in sample collection date on section 1 before a bowel movement. Flush toilet and allow to refill.
- You may use any clean, dry container to collect your sample. Collect sample before it contacts the toilet bowl water. Let stool fall into collection container.



STEP 3

- Open front of section 1. Use one stick to collect a small sample. Apply a thin smear covering Box A.
- Collect second sample from different part of stool with same stick. Apply a thin smear covering Box B.
- Discard stick in a waste container.

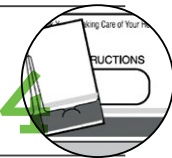
Do not flush stick.



STEP 4

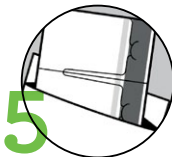
- Close and secure front flap of section 1 by inserting it under tab. Store slide in any paper envelope until the next day.

Important: This allows the sample to “air dry.”



STEP 5

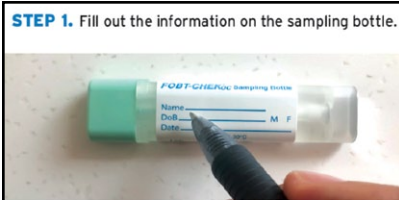
- Repeat steps 2-4 for the next two days, using sections 2 and 3.
- After completing the last section, store the slide overnight in any paper envelope to air dry.
- The next day, remove slide from the paper envelope and place in the Mailing Pouch, if provided.
- Seal pouch carefully and **immediately return to your doctor or laboratory.**



POLYMEDCO FECAL IMMUNOCHEMICAL TEST (FIT) INSTRUCTIONS

- The test must be done **every year**

STEP 1. Fill out the information on the sampling bottle.



Write your name, birth date, current date and time on sampling bottle.


STEP 2. Place the collection paper on top of the water in your toilet.



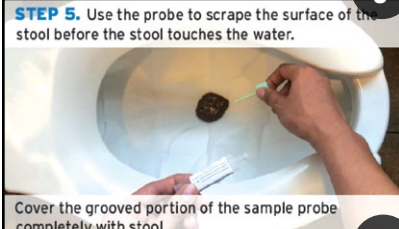
STEP 3. Deposit a stool sample on top of the collection paper.



STEP 4. Open the sampling bottle.

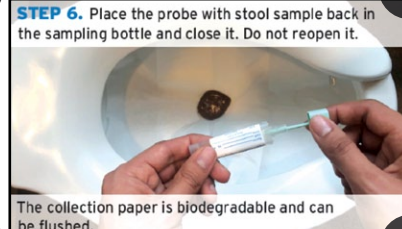


STEP 5. Use the probe to scrape the surface of the stool before the stool touches the water.




Cover the grooved portion of the sample probe completely with stool.

STEP 6. Place the probe with stool sample back in the sampling bottle and close it. Do not reopen it.



The collection paper is biodegradable and can be flushed.

STEP 7. Wrap the sampling bottle in the small absorbent pad and place it in the biohazard bag.



STEP 8. Seal the biohazard bag and place it in the return mailer envelope.



The stool sample is perishable. Please return the kit as soon as possible within 48 hours.

Learn More About Polymedco FIT Kits

Instruction Video:

- <https://www.polymedco.com/patients>

Video de Instrucciones:

- <https://www.youtube.com/watch?v=SUarKOKkePO>

INSUREONE FECAL IMMUNOCHEMICAL TEST (FIT) INSTRUCTIONS

- The test must be done **every year**

Stool Collection Instructions

STEP 1

- Take these instructions, Brush Kit and Test Card into the bathroom.
- Flush the toilet **BEFORE** your bowel movement.



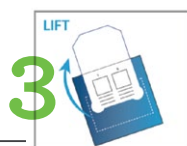
STEP 2

- After your bowel movement, **DO NOT PLACE USED TOILET PAPER IN THE TOILET BOWL.** Instead, use one of the blue waste bags provided.
- **DO NOT FLUSH** the toilet after your bowel movement.



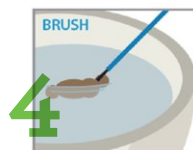
STEP 3

- Lift the flap marked "LIFT HERE FOR SAMPLE" on the Test Card to uncover the small white squares marked "1" and "2."



STEP 4

- Using one of the blue brushes, gently brush the surface of the stool for about 5 seconds.
- If the stool is loose, simply stir the water around the stool.
- Remove the brush from the water and gently shake it once to remove excess water and any clumps of stool.



STEP 5

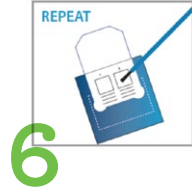
- Transfer a sample of the **WATER ONLY** by gently dabbing the bristles of the brush onto the small white square labeled "1" on the Test Card for about 5 seconds (some staining of the square may occur).
- Discard used brush in one of the blue waste bags and throw away.



INSUREONE FECAL IMMUNOCHEMICAL TEST (FIT) INSTRUCTIONS

STEP 6

- Using the second blue brush, repeat step 4 and transfer a second WATER sample to the test card by gently dabbing the bristles of the brush onto the small white square labeled “2” for about 5 seconds.
- Discard used brush in the other blue waste bag and throw away in your trash.



STEP 7

- Print your name, date of birth, and the date the sample was collected on the removable label.
- REMEMBER TO INCLUDE DATE OF SAMPLE COLLECTION.
- Peel off the label and use it to reseal the flap.



STEP 8

- Complete the Reply Form.
- Place the Test Card and Reply Form in the postage paid mailing envelope provided.
- If your medical professional or the laboratory provided you with a pre-printed test requisition form include the form also in the return envelope.



STEP 9

- Return to the indicated laboratory or medical professional office either by mail or personal delivery.
- Test Card must be returned to the indicated laboratory or medical professional as soon as possible and within 14 days of sample collection.
- The results will be provided by your medical professional.



Learn More About InsureOne FIT Kits

Instruction Video:

- <https://www.youtube.com/watch?v=QANmjYtiAQQ>

Video de Instrucciones:

- <https://www.youtube.com/watch?v=xqr5D5LOuBU>



COLOGUARD INSTRUCTIONS

- The test must be done **every three years**

Stool Collection Instructions

STEP 1

- Receive and unpack your Cologuard kit. Check and use before expiration date.

STEP 2

- Place your sample container into the toilet bracket.

STEP 3

- Use your Cologuard kit to collect your sample.

STEP 4

- Scrape your sample, then fill the sample container with preservative.

STEP 5

- Using the prepaid UPS® label, ship the box back to Exact Sciences Laboratories the same day or next day after collection.

Learn More About Cologuard

Learn More About Cologuard:

- <https://www.cologuardtest.com/effective-and-easy>

Insurance Coverages of Cologuard:

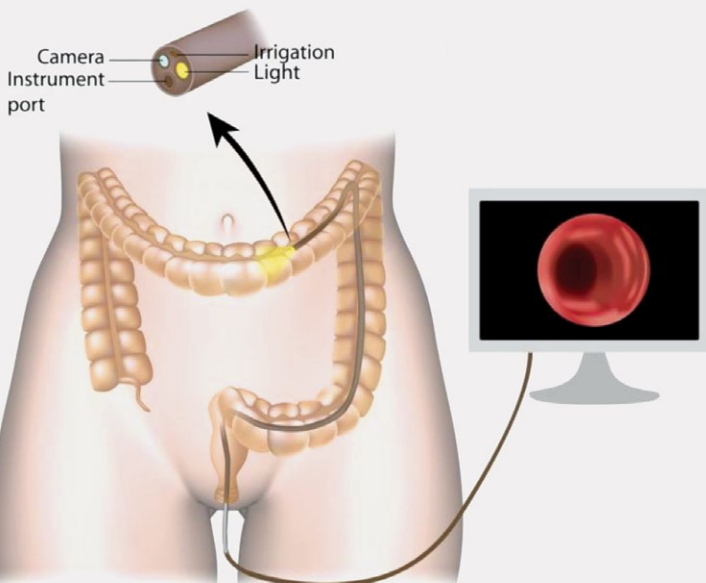
- https://www.cologuardtest.com/insurance?gclid=CjwKCAjw_Y_8BRBiEiwA5MCBJhvwOhh6xPA47WM3L7tYAJZWzWqkIyW3EkVKUy7c8tmwg-pdIdsDxoCAWAQAvD_BwE

Instruction Video:

- https://www.cologuardtest.com/using-and-returning-your-Cologuard-kit?gclid=EA1aIQobChMIlqSctLmC7AIVE9bACH3PlwhtEAAYASAAEgKxz_D_BwE

Video de Instruções:

- <https://www.youtube.com/watch?v=-IHlK2oEbY8>



STEP-BY-STEP COLONOSCOPY INSTRUCTIONS

- Examines **entire colon and rectum** for polyps
- If a polyp is found it can often be removed during the colonoscopy
- Must be done **every 10 years**
 - If at **high risk**, must be done **every 3-5 years**
 - A doctor will determine your risk and let you know when to schedule

Preparing for Colonoscopy

STEP 1

- Pick up your bowel prep liquid at least **3-5 days before the procedure**



STEP 2

- **Take the day off of work** for the day of the procedure

STEP 3

- **Ask a family member or friend** to drive you home on the day of the procedure
 - It is recommended that you **do not** drive for the rest of the day

STEP 4

- Begin a low fiber diet **4 days before your colonoscopy**
 - Fiber can't be digested and stays inside the colon
 - Fiber makes the colonoscopy **less accurate**

LOW FIBER DIET

FOOD OR DRINK

YES – OK TO DRINK

NO – AVOID THESE

Milk and dairy

OK to eat:

- Milk
- Cream
- Hot chocolate
- Buttermilk
- Cheese, including cottage cheese
- Yogurt
- Sour cream

NO yogurt mixed with:

- Nuts, seeds, granola
- Fruit with skin or seeds (such as berries)

Bread and grains

OK to eat:

- Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)
- White rice
- Plain crackers, such as Saltines
- Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)

NO whole grains or high-fiber:

- Brown or wild rice
- Whole grain bread, rolls, pasta, or crackers
- Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)
- Bread or cereal with nuts or seeds

Meat

OK to eat:

- Chicken
- Turkey
- Lamb
- Lean pork
- Veal
- Fish and seafood
- Eggs
- Tofu

NO tough meat with gristle

Legumes

None allowed

NO:

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

Fruits

OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

NO seeds, skin, membranes, or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

FOOD OR DRINK**YES – OK TO DRINK****NO – AVOID THESE**

Vegetables	<p>OK for some if cooked or canned:</p> <ul style="list-style-type: none"> • Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) • Potatoes without skin • Cucumbers without seeds or peel 	<p>NO raw, skin, seeds, peel; or certain other vegetables:</p> <ul style="list-style-type: none"> • Corn • Potatoes with skin • Tomatoes • Cucumbers with seeds and peel • Cooked cabbage or Brussels sprouts • Green peas • Summer and winter squash • Lima beans • Onions
Nuts, nut butter, seeds	<p>OK to eat:</p> <ul style="list-style-type: none"> • Creamy (smooth) peanut or almond butter 	<p>NO nuts or seeds:</p> <ul style="list-style-type: none"> • Nuts including peanuts, almonds, walnuts • Chunky nut butter • Seeds such as fennel, sesame, pumpkin, sunflower
Fats and oils	<p>OK to eat:</p> <ul style="list-style-type: none"> • Butter • Margarine • Vegetable and other oils • Mayonnaise • Salad dressings made without seeds or nuts 	<p>NO salad dressing made with seeds or nuts</p>
Soups	<p>OK to eat:</p> <ul style="list-style-type: none"> • Broth, bouillon, consomme, and strained soups • Milk or cream-based soup, strained 	<p>NO:</p> <ul style="list-style-type: none"> • Unstrained soups • Chili • Lentil soup • Dried bean soup • Corn soup • Pea soup

FOOD OR DRINK	YES – OK TO DRINK	NO – AVOID THESE
Desserts	OK to eat: <ul style="list-style-type: none"> • Custard • Plain pudding • Ice cream • Sherbet or sorbet • Jell-O or gelatin without added fruit or red or purple dye • Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts 	NO: <ul style="list-style-type: none"> • Coconut • Anything with seeds or nuts • Anything with added red or purple dye • Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Drinks or beverages	OK to drink: <ul style="list-style-type: none"> • Coffee • Tea • Hot chocolate or cocoa • Clear fruit drinks (no pulp) • Soda and other carbonated beverages 	NO: <ul style="list-style-type: none"> • Fruit or vegetable juice with pulp • Beverages with red or purple dye
Other	OK to eat: <ul style="list-style-type: none"> • Sugar • Salt • Jelly • Honey • Syrup • Lemon juice 	NO: <ul style="list-style-type: none"> • Coconut • Popcorn • Jam • Marmalade • Relishes • Pickles • Olives • Stone-ground mustard

Source: <https://healthy.kaiserpermanente.org/washington/get-care/additional-services/gastroenterology/colon-diet-low-fiber>

STEP 5

- Begin a clear liquid diet ***the day before your colonoscopy***

Avoid clear liquids with **red or purple dyes**



CLEAR LIQUID DIET

It is especially important to avoid clear liquids with red or purple dyes.

YES – OK TO DRINK

- Water
- Tea and black coffee without any milk, cream, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jello-O or other gelatin without fruit; no red or purple dye

NO – AVOID THESE

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Cooked cereal
- Juice, Popsicles, or gelatins with red or purple dye

Source: <https://healthy.kaiserpermanente.org/washington/get-care/additional-services/gastroenterology/colon-diet-clear-liquid>

STEP 6

- Plan a few hours **the evening before and morning of the procedure** to drink the bowel prep

STEP 7

- Plan to be in a personal space, **close to a bathroom**
 - Diarrhea will usually begin 15 minutes – 4 hours after you begin your prep

STEP 8

- Drink the bowel prep as instructed by your doctor



BEFORE THE COLONOSCOPY

1. Arrive at the hospital for your procedure
2. You will be informed of the procedure risks and sign a consent form
3. You will go over your health history and medications
4. You will put on a hospital gown and an IV will be placed in your arm for fluids and medication

DURING THE COLONOSCOPY

1. You will be given medication through your IV to **help you relax, and make you comfortable**
2. The doctor will look at the lining of your colon and rectum
3. The procedure lasts about **30-60 minutes**
 - Most patients **do not remember part or all of the procedure**

AFTER THE COLONOSCOPY

1. Once the procedure is over, you will be taken to the recovery area
2. After the procedure, your **family member or friend will drive you home**

Learn More About Colonoscopy

What is a colonoscopy and how do I prepare for it?

- <https://www.youtube.com/watch?v=VBraB8Oe9Fk>

What happens during and after a colonoscopy?

- <https://www.youtube.com/watch?v=mh90RPA-C10#action=share>

Colonoscopia: Qué Esperar

- <https://www.youtube.com/watch?v=9ImYhfsAsIU>

EDUCATIONAL MATERIALS

- These materials can help you decide **which CRC screening option is best for you**
- They may also make you **think of questions to ask your doctor about screening**



Links to Educational Materials:

Video:

- A Decision Aid for Patient Considering Colon Cancer Screening:
 - https://patientdecisionaid.org/colon_cancer_screening/

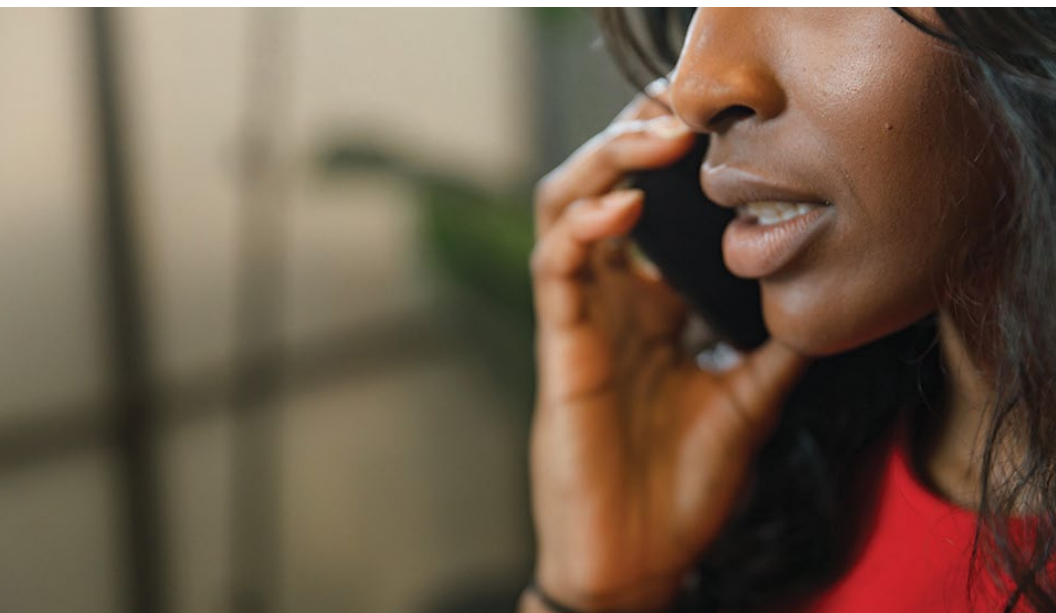
Website/PDF Document:

- A Decision Aid for Colon Cancer Screening:
 - <https://patientdecisionaid.org/wp-content/uploads/2020/09/CRC-Infographic-V-7-11-20-15-English-1.pdf>
- Colorectal (Colon) Cancer – Screening Tests:
 - https://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm
- Colon Cancer Screening: 101:
 - https://coloncancercoalition.org/wp-content/uploads/2019/02/2019_Screening_Brochure_editable.pdf
- Lo básico del examen para la detección del cáncer:
 - https://coloncancercoalition.org/wp-content/uploads/2014/01/2015_Screening_Options_brochure_SPANISH.pdf

- L'essentiel sur le Dépistage du Cancer du Côlon:
 - https://coloncancercoalition.org/wp-content/uploads/2014/01/2015_Screening_Options_brochure_FRENCH.pdf
- 结肠癌筛查：基本介绍
 - https://coloncancercoalition.org/wp-content/uploads/2014/01/2015_Screening_Options_brochure_CHINESE.pdf
- 대장암 진단 첫걸음
 - https://coloncancercoalition.org/wp-content/uploads/2014/01/2015_Screening_Options_brochure_KOREAN.pdf

HOW TO GET SCREENED

- **Contact your doctor** and ask how to screen for CRC
- If you do not have a doctor, **contact one of the locations listed in *Where Can I Get Screened?***
 - If none of the listed locations are close to you, *click this link and enter your zip code to find an FQHC near you:*
 - > <https://findahealthcenter.hrsa.gov/>





PART 3

What Happens After Screening?

SCREENING RESULTS

Stool-based test

- After you return the test, it will be sent to a lab to be processed
- The results will be sent to your clinic
- Someone from your clinic (usually your doctor or a nurse) will tell you your results
- **Negative Result:**
 - ***No blood or signs of CRC*** were found in your stool
 - Continue to do CRC screening according to recommendations
 - > For most stool-based tests: **every year**
 - > For Cologuard: **every 3 years**
- **Positive Result:**
 - Blood or signs of CRC were found in your stool
 - This **may** be a sign of CRC
 - **Schedule a colonoscopy** to find out what caused the positive result

Colonoscopy

- After the colonoscopy, your results will be sent to your doctor
- Your doctor or a nurse will tell you the results
- **Negative Result:**
 - **No polyps or abnormal tissue** were found
 - Continue to do CRC screening according to recommendations
 - For average risk: **every 10 years**
- **Positive Result:**
 - Polyps or abnormal tissue were found
 - Most polyps are **not cancerous**
 - Polyps removed during the colonoscopy are analyzed to see if they are:
 - > **Cancerous** - are cancer
 - > **Precancerous** - not cancer now, but might become cancer if not removed
 - > **Noncancerous** - are not cancer
 - Continue to do CRC screening according to recommendations
 - > Your doctor will give you a recommendation
 - > Usually recommended to have a colonoscopy **every 3-5 years**

TREATMENT

- There are different ways to treat CRC
- Discuss treatment options with a doctor to find the **best treatment plan for you**

PATIENT AND FAMILY RESOURCES:

- Many organizations help support patients and their families after a cancer diagnosis
- They provide **emotional, physical, and financial support** during this difficult time



Patient Support:

ILLINOIS:

Illinois Cancer Specialists:

- <https://illinoiscancerspecialists.com/>

The Cancer Support Center:

- <https://www.cancersupportcenter.org/>

Living Well Cancer Resource Center:

- <https://livingwellcrc.org/>

Wellness House for Living with Cancer:

- <https://wellnesshouse.org/>

Community Cancer Research Foundation:

- <https://www.myccrf.com/about-us/cancer-resource-centre>

Cancer Wellness Center:

- <https://www.cancerwellness.org/>

Gilda's Club Chicago:

- <https://www.gildasclubchicago.org/>

Triage Cancer:

- <https://triagecancer.org/>

Imerman Angels:

- <https://imermanangels.org/>

NATIONAL:

American Cancer Society Patient Programs and Services:

- <https://www.cancer.org/treatment/support-programs-and-services.html>
- 24/7 Cancer Helpline: 1-(800)-227-2345

CancerCare Colorectal Cancer Patient Support Group:

- https://www.cancercare.org/support_groups/45colorectal_cancer_patient_support_group
- CancerCare Helpline: 800-813-4673

Cancer Hope Network:

- <https://cancerhopenetwork.org/support/>
- Helpline: (800)-552-4366

Cancer Support Community:

- <https://www.cancersupportcommunity.org/colorectal-cancer>

Colorectal Cancer Alliance Patient and Family Support Group Chat:

- <https://www.ccalliance.org/patient-family-support/patient-family-support-group-chat>
- Cancer Support Helpline: (877) 422-2030

Fight Colorectal Cancer:

- Helpline: 1-(877)-427-2111

LIVESTRONG Foundation:

- Helpline: 1-(855)-220-7777

National Cancer Institute:

- Helpline: 800-422-6237
- LiveOnline Chat:
https://livehelp.cancer.gov/app/chat/chat_launch





Family Member Support:

ILLINOIS:

Gilda’s Club Chicago

- <https://www.gildasclubchicago.org/>

NATIONAL:

CancerCare:

- <https://www.cancercare.org/tagged/caregiving>
- Helpline: 800-813-4673

Cancer Hope Network:

- <https://www.cancerhopenetwork.org/get-support/>
- Helpline: (800)-552-4366

Patient and Family Support Group Chat (Colorectal Cancer Alliance)

- <https://www.ccalliance.org/patient-family-support/patient-family-support-group-chat>

Caregivers and Family (American Cancer Society):

- <https://www.cancer.org/treatment/caregivers.html>

Support for Family, Friends, and Caregivers (Cancer Support Community):

- <https://www.cancersupportcommunity.org/family-and-friends>

Support for Caregivers of Cancer Patients (National Cancer Institute):

- <https://www.cancer.gov/about-cancer/coping/caregiver-support>

When Someone You Love Is Being Treated for Cancer: Support for Caregivers (National Cancer Institute):

- Download the booklet:
 - <https://www.cancer.gov/publications/patient-education/when-someone-you-love-is-being-treated>



WHERE CAN I GET SCREENED?

CITY	CLINIC NAME	ADDRESS	ZIP	PHONE
Aledo	Mercer County Health Department	305 NW 7th St, Aledo, IL	61231	(309) 582-3759
Aurora	Aunt Martha's Aurora Ogden	2124 Ogden Ave 2nd Floor, Aurora, IL	60504	(877) 692-8686
Aurora	Aunt Martha's Health and Outreach Center (HOC)	680 S River St, Aurora, IL	60506	(877) 692-8686
Aurora	VNA Health Center - Aurora	400 N Highland Avenue, Aurora, IL	60506	(630) 892-4355
Bensenville	VNA Health Center - Bensenville	28 N. York Rd, Bensenville, IL	60106	(630) 892-4355
Berwyn	PCC South Family Health Center	6201 Roosevelt Rd, Berwyn, IL	60402	(708)-386-0845
Blue Island	Aunt Martha's Blue Island (Thresholds)	12145 S Western Ave, Blue Island, IL	60406	(877) 692-8686
Bolingbrook	VNA Health Center - Bolingbrook	396 Remington Boulevard #230, Bolingbrook, IL	60440	(630) 892-4355





CITY	CLINIC NAME	ADDRESS	ZIP	PHONE
Cairo	Cairo Community Health and Emergency Services Cairo Mega Clinic	13245 Kessler Road	62914	(618) 734-4400
Carol Stream	VNA Health Center - Mona Kea	397 S Schmale Rd, Carol Stream, IL	60188	(630) 892-4355
Carpentersville	Aunt Martha's Carpenterville	3003 Wakefield Dr, Carpentersville, IL	60110	(877) 692-8686
Chicago	Aunt Martha's Interim Care Center (ICC)	5001 S Michigan Ave, Chicago, IL	60615	(877) 692-8686
Chicago	Aunt Martha's Southeast Side	3528 E 118th St, Chicago, IL	60617	(877) 692-8686
Chicago	Friend Family Health Center - Ashland	4802 South Ashland Avenue, Chicago, IL	60609	(773) 376-9400
Chicago	Friend Family Health Center - Cottage Grove	800 East 55th Street, Chicago, IL	60615	(773) 702-0660
Chicago	Friend Family Health Center - Pulaski	5635 South Pulaski, Chicago, IL	60629	(773) 585-3900

CITY	CLINIC NAME	ADDRESS	ZIP	PHONE
Chicago	Friend Family Health Center - Western	5843 South Western, Chicago, IL	60636	(773) 434-8600
Chicago	Friend Family Health Center - Woodlawn	1522 East 63rd Street, Chicago, IL	60637	(773) 702-0660
Chicago	PCC Austin Family Health Center	5425 W Lake St, Chicago, IL	60644	(773)-378-3347
Chicago	PCC Clinic at the Boulevard	3456 W Franklin Blvd, Chicago, IL	60624	(773)-533-6013
Chicago	PCC Community Wellness Center at Steinmetz	3030 N Mobile Ave, Chicago, IL	60634	(773)-622-5679
Chicago	PCC Healthcare at Alternative Systems, Inc.	4534 S Western Ave, Chicago, IL	60609	(773)-584-4175





CITY	CLINIC NAME	ADDRESS	ZIP	PHONE
Chicago	PCC Parkside Family Health Center	115 N Parkside Ave, Chicago, IL	60644	(773)-295-3060
Chicago	PCC Salud Family Health Center	5359 W Fullerton Ave, Chicago, IL	60639	(773)-836-2785
Chicago	PCC West Town Family Health Center	2434 W Division St, Chicago, IL	60622	(773)-584-4178
Chicago Heights	Aunt Martha's Chicago Heights Vincennes	1536 Vincennes Ave, Chicago Heights, IL	60411	(877) 692-8686
Chicago Heights	Aunt Martha's Women's Health Center	233 W Joe Orr Rd, Chicago Heights, IL	60411	(877) 692-8686
Danville	Aunt Martha's Danville (Vermillion)	614 N Gilbert, Danville, IL	61832	(877) 692-8686
Elgin	VNA Health Center - Elgin - Villa Street	801 Villa Street, Elgin, IL	60120	(630) 892-4355
Harvey	Aunt Martha's Harvey Health and Outreach Center (HOC)	15420 Dixie Hwy, Harvey, IL	60426	(877) 692-8686

CITY	CLINIC NAME	ADDRESS	ZIP	PHONE
Hazel Crest	Aunt Martha's Hazel Crest - Advocate	17850 S Kedzie Ave #1150, Hazel Crest, IL	60429	(877) 692-8686
Joliet	Aunt Martha's Joliet East	1200 Eagle St, Joliet, IL	60432	(877) 692-8686
Joliet	Aunt Martha's Joliet West - AMITA	333 N. Madison St #150, Joliet, IL	60435	(877) 692-8686
Kankakee	Aunt Martha's Kankakee	1775/1777 E Court Street, Kankakee, IL	60901	(877) 692-8686
Marion	Marion Shawnee Health Care, Marion	3111 Williamson County Parkway	62959	(618) 519-9200
Melrose Park	PCC Melrose Park Family Health Center	1111 Superior St # 101, Melrose Park, IL	60160	(708)-406-3040
Mt. Carmel	Wabash County Health Department	130 West 7th Street	62863	(618) 263-3873
Oak Park	PCC Community Wellness Center at West Suburban	1 Erie St #7120, Oak Park, IL	60302	(773)-537-0020
Oak Park	PCC Lake Street Family Health Center	14 Lake St, Oak Park, IL	60302	(708)-383-0113
Oak Park	PCC Walk-In Wellness Center at West Suburban	3 Erie St #1300, Oak Park, IL	60302	(708)-406-3929
Palatine	Aunt Martha's Little City	1760 W Algonquin Rd #100, Palatine, IL	60067	(877) 692-8686
Rockford	Aunt Martha's Rockford - Swedish American	1401 E State St 3rd Floor #3000, Rockford, IL	61104	(877) 692-8686
Rockford	Winnebago County Health Department	555 N. Court St, Rockford, IL	61103	(815) 720-4000

CITY	CLINIC NAME	ADDRESS	ZIP	PHONE
Romeoville	VNA Health Center - Romeoville	160 N. Independence Blvd. (Route 53), Romeoville, IL	60446	(630) 892-4356
South Holland	Aunt Martha's South Holland	52 W 162nd Street, South Holland, IL	60473	(877) 692-8686
Toulon	Aunt Martha's Great River (Toulon)	120 E Court St, Toulon, IL	61483	(877) 692-8686
Ullin	Southern 7 Health Department	37 Rustic Campus Drive, Ullin, IL	62992	(618) 634-2297
(Serving: Alexander, Hardin, Johnson, Massac, Pope, Pulaski, and Union Counties)				
Vandalia	Fayette County Health Department	416 W Edwards St, Vandalia, IL	62471	(618) 283-1044
Virginia	Cass County Health Department	331 South Main, Virginia, IL	62691	(217) 452-3057
Watseka	Aunt Martha's Watseka (Iroquois)	200 E Walnut Street, Watseka, IL	60970	(877) 692-8686
Wheaton	VNA Health Center at DuPage County Health Department	111 N. County Farm Road, Wheaton, IL	60187	(630) 892-4357
Woodstock	Aunt Martha's Woodstock - Northwestern	3703 Doty Rd MOB 1 Ste 1, Woodstock, IL	60098	(877) 692-8686

If none of the listed locations are close to you, click this link and enter your zip code to find an FQHC near you: <https://findahealthcenter.hrsa.gov/>



ACKNOWLEDGEMENTS

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CRC SCREENING LOG

Date:	
Type of Screening:	<input type="checkbox"/> FIT (every year) <input type="checkbox"/> Cologuard (every 3 years) <input type="checkbox"/> Colonoscopy (every 10 years unless otherwise specified by doctor)
Result:	
Next Screening Date:	
Notes:	
Date:	
Type of Screening:	<input type="checkbox"/> FIT (every year) <input type="checkbox"/> Cologuard (every 3 years) <input type="checkbox"/> Colonoscopy (every 10 years unless otherwise specified by doctor)
Result:	
Next Screening Date:	
Notes:	
Date:	
Type of Screening:	<input type="checkbox"/> FIT (every year) <input type="checkbox"/> Cologuard (every 3 years) <input type="checkbox"/> Colonoscopy (every 10 years unless otherwise specified by doctor)
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Date:	
Type of Screening:	<input type="checkbox"/> FIT (every year) <input type="checkbox"/> Cologuard (every 3 years) <input type="checkbox"/> Colonoscopy (every 10 years unless otherwise specified by doctor)
Result:	
Next Screening Date:	
Notes:	

