



Talk to your provider if you have any questions.

Use your phone camera to scan the code and learn more about colonoscopy.

What is a Colonoscopy?



www.mailedfit.org

**For more information,
call 800-745-3466**

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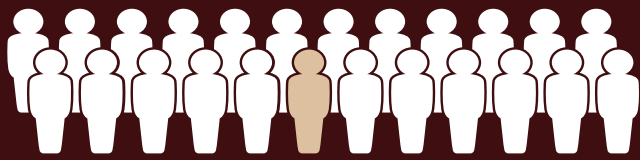


Why do I need a colonoscopy?

**Honor the gift of health
Get screened for
colorectal cancer today!**

*"Get screened for colorectal cancer today!
Take care of yourself
so you can take care
of your children and
future generations."*

– Colorectal cancer survivor



1 in 20

people in the United States will be **diagnosed** with colorectal cancer in their lifetime

Take control of your health.

Schedule your follow-up colonoscopy today!

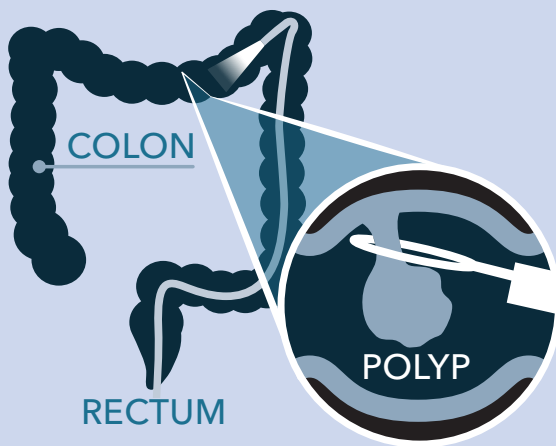


9 out of 10

people **survive** when colorectal cancer screening happens **early**

What is a colonoscopy?

Colonoscopy is an exam that allows a doctor (a specialist) to look inside your colon.



To do the exam, the doctor inserts into your rectum a flexible tube with a light on the end. This lets the doctor see and remove polyps (small growths). Removing polyps prevents colorectal cancer.

There is no pain because medicine is given to help you relax or sleep.

Why do I need a colonoscopy?

It is important to get a follow-up colonoscopy if you have an abnormal fecal test (FIT) result. **A colonoscopy can find and remove polyps in your colon before they become cancer.**



MEN AND WOMEN NEED TO GET TESTED FOR COLORECTAL CANCER STARTING AGE 45 EVEN IF THEY FEEL HEALTHY.

Like a garden, your body, mind, and soul need on-going care. Tend to your body like you would a garden. Get regular care!



How do I prepare for a colonoscopy?

For your colonoscopy to go well, you will need to:



Complete the bowel prep (clear liquid diet and medication) to make sure your colon is clean, and adjust your personal medications as needed.



Arrange transportation and find someone to accompany you to the appointment



Take time off work if needed

Colonoscopies are usually scheduled for 40 minutes, but plan on 2 to 3 hours from check-in to check-out.

Check with your doctor for specific instructions.