Colorectal cancer is cancer that occurs in the colon or rectum. The colon is also known as the large intestine or large bowel. The rectum is the passageway connecting the colon to the anus.

Choose the Right Screening Test

Colorectal cancer can be detected using different tests. Your doctor can explain what you can expect with each test so that you can make the best decision for yourself. Coverage for these services varies by health plan. Contact Customer Service with any questions you might have about your coverage.

Flexible Sigmoidoscopy
During this test, the doctor looks at part of the colon and rectum with a flexible, lighted tube with a small camera on the end. Some preparation is required before this test.

Colonoscopy
A colonoscopy requires some preparation the evening before the test. During the test, the doctor looks at the entire length of the colon and rectum with a colonoscope. The colonoscope has a video camera on the end so that the doctor can see the inside of the colon.

Fecal Occult Blood Test
The fecal occult blood test is used to find occult (hidden) blood in the stool. Occult blood in the stool may indicate colorectal cancer or polyps in the colon or rectum. There are two types of tests: gFOBT or iFOBT (FIT). These tests are less invasive than other colorectal cancer tests and can be completed at home. Talk to your health care provider to see if either of these tests would work for you.
COLORECTAL CANCER

Colorectal cancer (colon cancer) is the second leading cancer killer, but it doesn’t have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided.

Are you concerned about the colonoscopy? Talk to your doctor about the other screening tests that might work for you.

GETTING TESTED IS THE MOST IMPORTANT STEP YOU CAN TAKE TO HELP PREVENT COLORECTAL CANCER. SCHEDULE YOUR SCREENING TODAY.

Screening Saves Lives

If you’re 50 or over, getting a colorectal cancer screening test could save your life. Here’s how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn’t be there. Over time, some polyps can turn into cancer.

- Screening tests can find polyps, which can be removed before they turn into cancer.

- Screening tests can also find colorectal cancer early, when being cured is more likely.

Am I at High Risk?

Factors that may increase your risk of colon cancer include:

- Family history of colorectal cancer and colorectal polyps.
- Inflammatory intestinal or bowel conditions.

What are the Symptoms of Colorectal Cancer?

Many people with colon cancer experience no symptoms in the early stages of the disease. When symptoms appear, they can be different for everyone. If there are symptoms, they are commonly include:

- Blood in or on your stool (bowel movement) or a change in your typical bowel habits.
- Stomach aches, pains, or cramps that go away.
- Unexplained weight loss.

Talk to your health care provider if you have any of the symptoms or risk factors of colorectal cancer.

For questions about your benefits or to find a health care provider, please contact customer service by:

- Phone: 970-243-7050 or 800-346-4643
- Email: customer_service@rmhp.org
- Chat: rmhp.org

Para asistencia en español llame al 800-346-4643.

@RMHPColorado
@RMHP
rmhp.org/blog