

Colon Health

Take steps to protect your colon health and complete your needed screenings!



Get screened. Regular screenings can detect potential issues early. Stay up-to-date based on your doctor's recommendations.

Know Your Screening Options:

- **Colonoscopy**— Every 10 years
- **Flexible Sigmoidoscopy**— Every 5 years
- **CT Colonography**— Every 5 years
- **Stool Tests**— Every 3 years
- **Fecal Immunochemical Test (FIT)** — Annually
- **Guaiac-Based Fecal Occult Blood Test (gFOBT)** — Annually



Limit alcohol and smoking. Reducing alcohol and quitting smoking can lower your risk of colon related health issues.



Listen to your body. Pay attention to changes in bowel habits, abdominal pain, or other symptoms. Discuss with your doctor if anything feels unusual.