

Colonoscopy Guidelines

What is a colonoscopy?

- A colonoscopy is a physical examination performed by a doctor to visualize the lining of the large intestines and rectum
- The doctor inserts a flexible tube with a camera on the end into the anus, where feces exits the body
- The camera then travels through the rectum and large intestines while the doctor examines the lining
- A colonoscopy can be performed to look for abnormalities in a patient with symptoms including abdominal pain, bleeding, and changes in bowel movement habits
- Colonoscopies are also performed to screen for colorectal cancer

Why get a colonoscopy?

- Colorectal cancer is the third leading cause of cancer death of both men and women in America
- Colorectal cancer is most frequently diagnosed between the ages of 65 and 74
- 10.5% of new colorectal cancers are diagnosed in people under the age of 50

Guidelines WITHOUT a Family History of Colorectal Cancer

- By the age of 50, men and women without a family history of colorectal cancer should have a colonoscopy and repeat every 10 years - colonoscopies can be offered as early as 45 years old

Guidelines WITH a Family History of Colorectal Cancer

- In men and women with first degree family history* of colon cancer, colonoscopies should be completed every 5 years beginning at the age of 40 years old or 10 years younger than the age at which the family member was diagnosed with colon cancer
- In men and women with second degree family history** of colon cancer, colonoscopies should be completed every 10 years beginning at the age of 40 years old

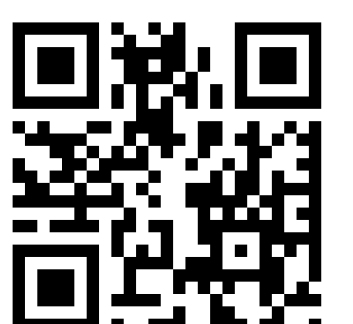
Sources

- <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>
- https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm

*First degree relative is a parent, sibling, or child

**Second degree relatives include grandparents, aunts, uncles, half siblings, and grandchildren

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