

# Colon Screening Guidelines

Colorectal cancer is the second deadliest form of cancer in Canada for men and women, second only to lung cancer. Beginning at age 50 the Canadian Association of Gastroenterology recommends screening, which may include F.O.B.T., X-Ray, Endoscopy or a combination.

Men and Women

Symptomatic

Diagnostic Work-up

Asymptomatic- Positive Family History Regardless of Age

1 **first-degree relative** with cancer or polyp at age <60 or 2 or more **first-degree relatives** affected with polyp or colon cancer at any age

1 **first-degree relative** affected at age > 60 or 2 or more **second-degree relatives** with cancer or polyps

1 **second degree relative** or **third degree relative** affected

**Polyps found at colonoscopy:**

**HNPCC\* or FAP**

Genetic Counseling & Special Screening

Colonoscopy every 5 years beginning at age 40 years or 10 years earlier than the youngest diagnosis of polyp or cancer in the family, whichever comes first.

Average-risk screening, but beginning at age 40. Could include F.O.B.T., X-Ray, Endoscopy or a combination.

Average-risk screening beginning at age 50. Could include F.O.B.T., X-Ray, Endoscopy or a combination.

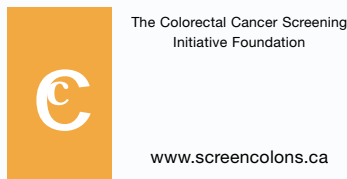
Follow-up colonoscopy:  
 -in 5 years, if 1-2 tubular adenomas < 1 cm  
 -in 3 years if > 2 adenomas  
 -use clinical judgement in other circumstances\*

**HNPCC:** Colonoscopy, every 1-2 years, beginning at age 20 years or 10 years younger than the earliest case in the family, whichever comes first.

**FAP:** Sigmoidoscopy annually, beginning at age 10-12 years.

**AAPC:** Colonoscopy annually. Beginning at age 16-18 years.

\* Canadian Journal of Gastroenterology, 2004;18(2):93-99.



Canadian Association of Gastroenterology  
[www.cag-acg.org](http://www.cag-acg.org)



[www.CDHF.ca](http://www.CDHF.ca)



[www.BioPacific.net](http://www.BioPacific.net)

The Canadian Association of Gastroenterology (CAG) and the Canadian Digestive Health Foundation (CDHF) strongly support the establishment of screening programs for colorectal cancer.

**HNPCC** = hereditary nonpolyposis colorectal cancer

**FAP** = familial adenomatous polyposis

**AAPC** = attenuated adenomatous polyposis.

**First degree relative** =parents, siblings, children.

**Second degree** =grandparent, aunt, uncle.

**Third degree** = great grandparent or cousin.