

Colorectal-cancer screening

Health Education Services

What is colorectal cancer?

Colorectal cancer is the third most common cancer in men and women in the United States. Colorectal cancer refers to cancer of the large bowel (colon) and rectum, which make up a major part of your digestive system.

Why screen for colorectal cancer?

There are few symptoms in the early stages of colorectal cancer, so regular screening is very important. It can improve the chances of finding problems early, while they can be prevented or cured. Although no screening is 100-percent effective at catching the disease, colorectal cancer screening can detect cancer or pre-cancer tissue, called polyps, in the colon or rectum before any symptoms are present.

Who should be screened, and when?

Regular screening is recommended for everyone beginning at age 50. You may need to begin screening earlier if you have a history of colorectal cancer in a parent or sibling, or if you have a personal history of colon polyps or inflammatory bowel disease. Screening after age 80 is decided on an individual basis, depending on your health.

In general, minority populations are at greater risk of dying from colorectal cancer because these populations are less likely to be screened. This includes Native Americans, Latinos, Vietnamese, and Blacks, as well as gays, lesbians, and transgender individuals. We especially urge members of minority populations to consider screening.

How do you screen for colorectal cancer?

A very safe, easy, and effective way to screen is by having an **annual Fecal Occult Blood Test (FOBT)**. In this test, you smear a small amount of your bowel movement on a special card and send it to a lab. The sample is tested for tiny amounts of hidden blood, a symptom that can indicate abnormal tissues or cancer. This method has almost no risk, requires almost no special preparation, does not require scheduling an appointment, takes very little time, and is simple, painless, and convenient.

Two other ways to screen for colorectal cancer are colonoscopy and flexible sigmoidoscopy. In both of these tests, a thin tube is inserted into the rectum and colon to look for cancer or polyps. With both tests, there is a small but important risk of problems that could require surgery or a hospital stay. Both tests require special bowel preparation. A colonoscopy also requires sedation that will help you relax during the procedure. For this reason, it is important to have someone with you to ensure you get home safely.

Who should NOT use the FOBT screening?

You should speak with your health care provider about screening by some other method if you:

- Have a history of colon cancer or have had your entire colon removed.
- Have certain conditions like inflammatory bowel disease or prior colon polyps.
- Have had heart surgery in the past 6 months.
- Have had a colonoscopy in the past 9 years.
- Have a mother, father, sibling or child who has been diagnosed with colorectal cancer.

If you are using any of the following medications, you should speak with your doctor about the need to temporarily stop prior to taking the FOBT:

- Aspirin-containing medications such as Alka-seltzer, Anacin, Bufferin, etc.
- Anti-inflammatory drugs such as Nuprin, Advil, Motrin, etc.
- More than 250 milligrams of vitamin C a day.

Do I really need to do this?

Many people are embarrassed or reluctant to discuss their bowel-movement habits or problems. They may choose to avoid screening altogether. Though the choice, of course, is yours, we urge you to consider the benefits of screening and take control of your health.

What can I do to reduce my risk of developing colorectal cancer?

- Eat a diet high in vegetables, fruit, and fiber.
- Reduce the amount of red meat in your diet.
- Maintain a healthy body weight.
- Eat more low-fat dairy products and other calcium-rich foods.
- Move around—be physically active every day.
- Stop using tobacco products.
- Decrease alcohol use.
- Get screened regularly for colorectal cancer.

Where can I get more information?

At the Kaiser Permanente **Health Resource Centers**, you can select brochures and fact sheets, watch videos, investigate reference books, explore Internet resources, and buy books and products. The HRCs are open Monday through Friday. Pick up a Healthy Living catalog at any of our medical offices for locations and phone numbers.

Information is only a few mouse clicks away at kaiserpermanente.org. You can search health and drug encyclopedias, read featured health topics, refill prescriptions, request appointments, and send secure e-mail messages to your provider's office, an advice nurse, or pharmacist.

The *Kaiser Permanente Healthwise Handbook* provides recommendations and tips to help you take care of yourself and your family. The book includes information on prevention, minor health conditions, and emergencies and first aid. It is free for members. You can request a copy at any Membership Services desk or Health Resource Center.

Instructions: Collection of a Hemoccult Specimen

<p>PREPARATION</p>	<p>Certain substances may cause false positive test results. It is important that you follow these instructions:</p> <ul style="list-style-type: none"> → Please contact your doctor BEFORE collecting the specimens if any of the following medicines have been prescribed for you. Tylenol is allowed during this test. Alcohol should be avoided. You may continue the test if your clinician approves. → 7 days before you begin collecting specimens, and throughout the collection period, you MUST AVOID the following medicines: <ul style="list-style-type: none"> → Aspirin and Aspirin-containing medicines (Alka-seltzer, Anacin, Ascriptin, Bufferin, Ecotrin, Empirin, Excedrin). → Anti-inflammatory drugs such as: Nuprin, Advil, Motrin (Ibuprofen), → Naprosyn (Naproxen), Tolectin (Tolmetin), Indocin (Indomethacin), → Meclomen (Meclofenamate), or Butazolidin (Phenylbutazone). → Vitamin C in excess of 250 mg per day. → Start the special diet described below 2 days before you begin collecting specimens and continue the diet until the 3 consecutive specimens have been obtained. → Foods to avoid: <ul style="list-style-type: none"> ▸ Rare meat, especially beef and lamb ▸ Cucumbers → Most other foods are allowed, including: <ul style="list-style-type: none"> ▸ Poultry, well-cooked pork, ham, bacon, and fish ▸ Lettuce, tomatoes, spinach, and corn ▸ Prunes, plums, grapes, raisins, oranges, bananas, pears, apricots, strawberries, nectarines, dates, and apples ▸ Peanuts, popcorn, and bran cereal
<p>WHEN TO COLLECT</p>	<p>DO NOT collect stool specimens:</p> <ul style="list-style-type: none"> → If you can see blood in the stool → If there is blood in the urine → During and 3 days after the menstrual period

Instructions: Collection of a Hemocult Specimen

WHAT YOU WILL NEED	<ul style="list-style-type: none"> → Hemocult cards provided by the lab or your provider. → Newspaper or plastic wrap
HOW TO COLLECT	<ol style="list-style-type: none"> 1. Lift the toilet seat and place several layers of newspaper (or plasticwrap) over the bowl. 2. Lower the seat and press down on the center of the paper a little. 3. Sit and pass stool onto the paper or plastic wrap. 4. Apply thin smears to the hemocult card (one sample for each window) from two separate spots in the stool sample. 6. Allow the smear to air dry. 5. Close the flap on the card.
LABELING	<p>Ensure card is labeled with:</p> <ul style="list-style-type: none"> → Your full name → Health Record Number → Date of collection
DELIVERY TO LAB	<p>Mail or deliver the hemocult cards and lab test order form to the lab as soon as possible after collection of all the specimens.</p>
FOLLOW-UP	<ul style="list-style-type: none"> → You will be contacted by your clinician if the test for blood in your stools is positive. → Please notify your clinician if you saw blood in the stool when collecting samples for the test.

Hemocult II[®] BRAND

SERIAL TEST FOR ROUTINE SCREENING FOR FECAL OCCULT BLOOD

PATIENT INSTRUCTIONS - Hemocult II[®] BRAND Slide (Test Card)

CAUTION: For accurate test results, read Patient Instructions completely before performing this test.

Drug Guidelines¹

- For **seven** days before and during the stool collection period **avoid** non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen or aspirin (more than one adult aspirin a day).
- Acetaminophen (Tylenol[®]) can be taken as needed.
- For **three** days before and during the stool collection period **avoid** vitamin C in excess of 250 mg a day from supplements, and citrus fruits and juices.^{2,3}

Diet Guidelines

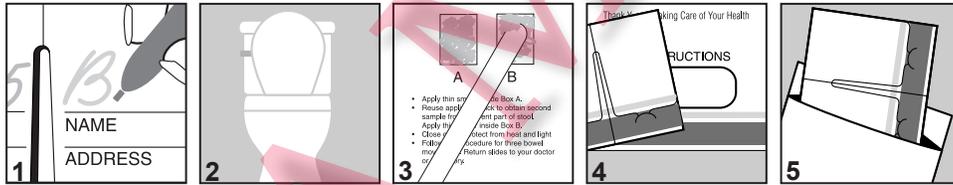
- For **three** days before and during stool collection period **avoid** red meats (beef, lamb and liver).
- Eat a well balanced diet including fiber such as bran cereals, fruits and vegetables.

Notes:

- ¹ Please talk to your doctor or pharmacist if you have any questions about medications you take regularly.
- ² 100% of RDA of vitamin C for an adult is 60 mg a day.
- ³ Some iron supplements contain vitamin C in excess of 250 mg.

*Tylenol is a registered trademark of McNeil Consumer Products.

- For accurate test results, apply samples from bowel movements collected on **three different days** to slide.
- Do not collect samples if blood is visible in your stool or urine (e.g., menstruation, active hemorrhoids, urinary tract infection). **Contact your doctor.**
- For the most accurate test results collect each stool sample before contact with the toilet bowl water. You may use any clean, dry container.
- Return completed slide to your doctor or laboratory no later than 14 days after your first sample collection.
- Protect slide from heat, light, and volatile chemicals (iodine, ammonia, bleach, and household cleaners).
- Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.



1. Remove slide from paper dispensing envelope. Using a ball-point pen, write your name, age, and address on the front of the slide. **Do not tear the sections apart.**
2. Fill in sample collection date on section 1 before a bowel movement. Flush toilet and allow to refill. You may use any clean, dry container to collect your sample. Collect sample before it contacts the toilet bowl water. Let stool fall into collection container.
3. Open front of section 1. Use one stick to collect a small sample. Apply a thin smear covering Box A. Collect **second** sample from different part of stool with same stick. Apply a thin smear covering Box B. **Discard stick in a waste container. DO NOT FLUSH STICK.**
4. Close and secure front flap of section 1 by inserting it under tab. Store slide in any paper envelope until the next day. **Important: This allows the sample to "air dry."**
5. Repeat steps 2-4 for the next two days, using sections 2 and 3. After completing the last section, store the slide overnight in any paper envelope to air dry. The next day, remove slide from the paper envelope and place in the Mailing Pouch, if provided. Seal pouch carefully and **immediately return to your doctor or laboratory.**
Note: Current U.S. Postal Regulations prohibit mailing completed slides in any standard paper envelope.

DO NOT RETURN OR MAIL SLIDES TO BECKMAN COULTER, INC.

Beckman Coulter, Inc.
Fullerton, CA 92834-3100

To reorder this sheet, call 1 (866) 544-1234
For technical assistance call 1 (800) 877-6242
or e-mail askpcd@beckman.com

DO NOT MAIL COMPLETED SLIDES
IN THIS OR ANY OTHER STANDARD PAPER ENVELOPE.

Please return all completed slides to your doctor or laboratory as instructed.
DO NOT return or mail slides to Beckman Coulter, Inc.

Current U.S. Postal Regulations prohibit mailing completed slides in this or any other standard paper envelope. If you wish to return your slides by mail, ask your doctor for a U.S. Postal Service approved mailing pouch.

IMPORTANT

Hemoccult II[®]

SERIAL TEST FOR ROUTINE SCREENING FOR FECAL OCCULT BLOOD

Your Hemoccult II[®] Patient Kit Contains:

1 Hemoccult II[®] Slide (Test Card) 3 Applicator Sticks Patient Instructions

CAUTION: For accurate test results, read instructions below and Patient Instructions inside this envelope completely before performing this test.

- For accurate test results, apply samples from bowel movements collected on **three different days** to slide.
- **Do not** collect samples if blood is visible in your stool or urine (e.g., menstruation, active hemorrhoids, urinary tract infection). **Contact your doctor.**
- For the most accurate test results collect each stool sample **before** contact with the toilet bowl water. You may use any clean, dry container.
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- **Protect slide from heat, light, and volatile chemicals** (iodine, ammonia, bleach, and household cleaners).
- Remove toilet bowl cleaners from toilet tank and flush twice before proceeding.

The World Leader In Occult Blood Testing



Hemoccult II[®]

SERIAL TEST FOR ROUTINE SCREENING FOR FECAL OCCULT BLOOD

PATIENT NAME _____ AGE _____

STREET _____

CITY _____ STATE _____ ZIP _____

SAMPLE COLLECTION DATE _____ PHONE NO. _____

PHYSICIAN NAME _____

STORE AT CONTROLLED ROOM TEMPERATURE.

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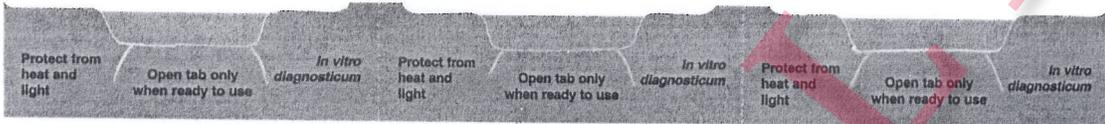
STREET _____

CITY _____ STATE _____ ZIP _____

SAMPLE COLLECTION DATE _____ PHONE NO. _____

PHYSICIAN NAME _____

STORE AT CONTROLLED ROOM TEMPERATURE.



U.S. Patents 4,329,317; 4,365,970 and 4,382,064

Printed in U.S.A.
Made in U.S.A.

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March 1989

Note: Wait 3-5 minutes after sample application, before developing test.

(1) Develop Test: Open flap and apply two drops of Hemoccult[®] Developer over each smear. Interpret within 60 seconds.

(2) Develop Performance Monitor[®] areas: Apply one drop of Hemoccult[®] Developer between the (+) and (-) Performance Monitor[®] areas. Interpret within 10 seconds.

See Product Instructions for details.
NOT TO BE OPENED BY THE PATIENT

Do not use with Gastric Specimens

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Palo Alto, California 94304

U.683484

LOT NO.

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LOT NO.

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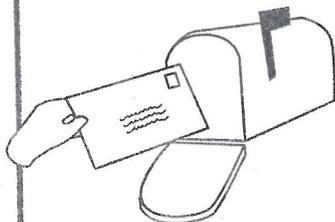
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580 8L 2/11

Hemocult[®]

Mailing Pouch

Returning your test



1. Allow completed Test Card to air-dry overnight.
2. Insert Test Card into this Mailing Pouch.
3. Peel tape from Mailing Pouch flap. Fold flap over. Press firmly to seal.
4. Deliver or mail sealed Mailing Pouch to your physician or laboratory within 10 days of Day 1 Collection Date.

Do not mail to Beckman Coulter, Inc.

Visit us at www.hemocultFOBT.com
and learn how this test could save your life.

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Made in U.S.A.

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395022.C
December 2003

Return address requested.

FROM: _____

DO NOT Mail to
Beckman Coulter, Inc.

Apply
1st
Class
Postage

Return to:

KAISER PERMANENTE
AIRPORT WAY REGIONAL LAB
13705 N.E. AIRPORT WAY SUITE C
PORTLAND, OR 97230

Place Physician or Laboratory Address Here

Contents: Diagnostic Specimen

Mailing Pouch Designed to Meet U.S. Postal Service Regulations

Patent Pending