

How to schedule A SCREENING

IT'S TIME TO GET SCREENED FOR COLORECTAL CANCER!

Scheduling your screening is easier than you think and it can save your life.



IPHA.com

KNOW YOUR OPTIONS

- At-home stool tests (FIT/FOBT/Cologuard): Private and mailed to your home.
- Colonoscopy: Done every 10 years or more frequently if needed.

Talk to your doctor about what's right for you.

✓ SCHEDULE YOUR SCREENING

- Call your clinic or use their online scheduling portal.
- If doing a home test, ask your provider or community health worker how to get a kit sent to you.

Pick a date and time that works for you. It only takes a few minutes to start the process.

✓ FOLLOW UP

- Check your results with your doctor.
- Schedule your next screening as recommended.
- Encourage family and friends to screen too.

✓ FIND A CLINIC OR PROVIDER

- Contact your primary care doctor or local clinic or health department.
- Ask about screening programs in your community.

Many clinics have navigators or staff who help schedule appointments and answer questions.

✓ PREPARE FOR YOUR TEST

- Follow any instructions from your clinic carefully (especially for colonoscopy prep).
- If using a home test, carefully follow the included collection and mailing instructions.

Don't wait — scheduling your screening today could **save your life.**

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