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Take care of you

Learn about the importance of colon cancer screenings

Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force (USPSTF) and the Centers for Disease Control and Prevention (CDC) recommend that adults age 45 to 75 be screened for colorectal cancer.

If you think you meet the medical necessity criteria, you and your doctor may decide a colonoscopy at an earlier age is right for you.

A colonoscopy, and removal of polyps, should be covered 100% under the following conditions:

- The claim is billed as wellness or preventive
- The procedure is done at an in-network facility and by an in-network doctor

Prepare and prevent

A colonoscopy is recommended every 10 years for men and women ages 45–75. There are other screening options, such as an annual home screening kit. Talk to your doctor about what is right for you.

A little knowledge goes a long way. Know what to expect when you go in for your colonoscopy screening.



What is it?

A screening using a small scope to check your colon for growths – also known as polyps – which your health care provider may remove painlessly during the procedure.



Why should I care?

Finding and removing polyps makes a big difference. 90% of people who catch colon cancer early survive.



How long does it take?

While the colonoscopy itself takes about 15 minutes, you may be in the office for about 3 hours.



How to prepare

You will be asked to take some medicine to clear out your colon the night before the test.



What to expect

You will be asked to disrobe and put on a gown. A health care provider will check your vital signs.

While you are asleep, a health care provider will scan your colon with a small scope and remove any growths.



When will I receive results?

The provider will speak to you about your results after the test, but you may need to wait a few days to hear from your provider about additional test results.