

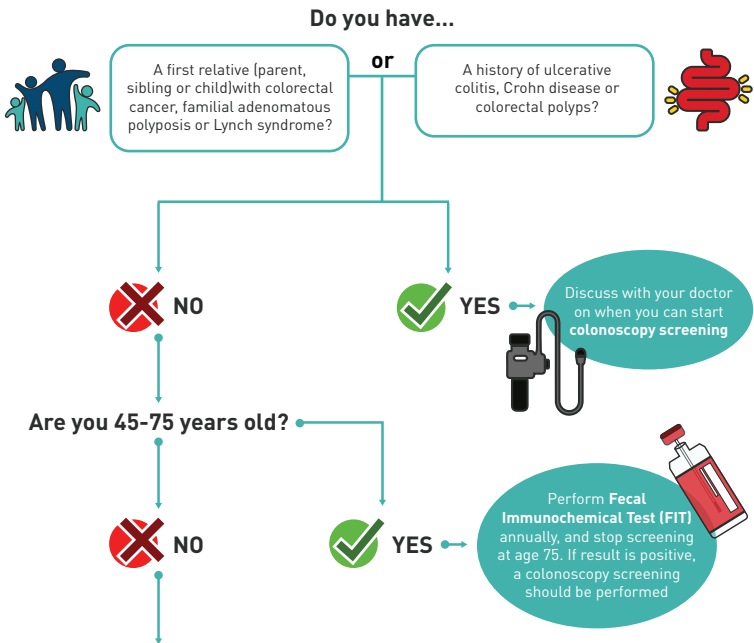


COLORECTAL CANCER *SCREENING GUIDE*

Colorectal cancer is the 2nd most common cancer in Malaysia. It is also highly treatable if caught early. Learn more about the risk factors, signs, symptoms and how you can get screened.

SHOULD YOU GET SCREENED?

It depends on your medical condition and family history. You can check whether you need to screen for colorectal cancer by the following flowchart below.



Below 45 Years Old

Routine screening is **not required** but be aware of ***signs and symptoms** and report any changes in bowel habits to your doctor

Above 75 Years Old

Recommended to discuss with your doctor to assess if screening is needed

*SIGNS AND SYMPTOMS OF COLORECTAL CANCER



Bleeding from rectum



Mucus or blood in the stool



Loss of weight or appetite



Abdominal discomfort



Change in bowel habits



Tenesmus

The constant & painful urge to pass stool even though bowels are empty, causing straining, pain or cramping



Constipation



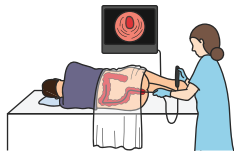
Swelling in the abdomen that can be felt

SCREENING OPTIONS

1

Colonoscopy

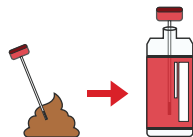
Colonoscopy is a procedure which is done with a flexible camera (scope) to look for abnormalities inside the rectum and colon

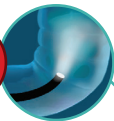


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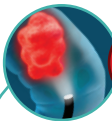
Fecal-Immunochemical Test (FIT)

FIT is a test that checks for presence of blood in the stool



1

A long thin tube with an attached camera will be inserted into your rectum and move through the entire colon, allowing your doctor to view the insides of your rectum and colon on a screen.

2

During this procedure, polyps or other types of abnormal tissue can be removed through the scope. Tissue samples can be taken to be sent to the lab for testing as well.

WHAT IS A COLONOSCOPY?

The entire procedure takes around
30-60 minutes

Your doctor will then review the results of the colonoscopy and then share the results with you.

3**4**

WHAT IS THE PROCESS OF FIT?

1

Deposit a stool sample on top of the collection paper and use the probe to scrape the surface of the stool.

2

Place the probe with stool sample back in the collection tube.

3

Place the collection tube in the biohazard bag and return to the lab within 48 hours of collecting your sample.

4

The FIT test will check for the presence of small amounts of blood in your stool.