

**NORTH CAROLINA BREAST & CERVICAL CANCER CONTROL PROGRAM
(NC BCCCP)**

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| NC BCCCP Colorectal Cancer Screening Information and Assessment Policy | Category/Number: N/A |
| Approved By: <u>Kimberly McDonald</u> NC BCCCP Medical Advisor <u>Heather Dolinger</u> NC BCCCP Program Manager | Section: NC BCCCP Training Manual Appendices Program: NC BCCCP |
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Purpose:

Colorectal cancer (CRC) is the second leading cause of cancer-related deaths in the United States among cancers that affect both men and women. However, screening can prevent CRC by detecting and removing precancerous polyps before they develop into cancer. Screening can also detect CRC at an early, more treatable stage.

Policy:

Local agencies will assess CRC screening status of BCCCP patients.

All patients enrolled in NC BCCCP should be assessed at age **45** for CRC screening status. If a patient has had a colonoscopy, it is not necessary to have any other tests for 10 years (unless prescribed sooner by their doctor for findings, such as a polyp). If they have not been screened, they should be educated on the benefits of screening. They should be informed of screening methods.

Recommended Screening Methods (USPSTF 2021):

- High-sensitivity stool-based test (FIT or high-sensitivity gFOBT) every year
- Stool DNA-FIT (Cologuard) every 1-3 years
- CT colonography (virtual colonoscopy) every 5 years
- Flexible sigmoidoscopy every 5 years
- Flexible sigmoidoscopy every 10 years with annual FIT
- Colonoscopy every 10 years

The NC BCCCP sample history form includes fields for documenting assessment of a patient's CRC screening status. Providers who use electronic medical records (EMR) must document the CRC screening status of each patient enrolled in their EMR.

Although CRC screening status data is not currently being reported, patient records are monitored to determine if this assessment is being conducted.

Responsibilities: Local BCCCP Providers

Procedure:

1. Assess BCCCP patients ages 45 and above for whether they have been screened for CRC.
2. Inform patients ages 45 and above who have NOT been screened or are due for a screening on appropriate screening methods.
3. Document patient's CRC screening status in the patient's medical record.
4. Educate BCCCP patients about the importance of CRC screening.
5. If a patient requests a referral, please assist them in locating a facility based on their needs. Please see 'Find a Free or Low-Cost Screening Provider' on the resources page.

References:

1. National Breast and Cervical Cancer Early Detection Program Manual
2. United States Preventive Services Task Force (2021). Recommendation: Colorectal Cancer Screening Final Statement May 2021.
<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>

Recommended Screening Tests for Colorectal Cancer

Patient Handout

Colorectal cancer (CRC) is one of the most preventable cancers – screening saves lives by detecting precancerous polyps or early-stage cancer.

Who should be screened?

- Everyone aged 45 and older should begin routine CRC screening.
- People with a family history of CRC, inflammatory bowel disease, or polyps may need earlier screening – ask your doctor.
- Most CRC cases occur in people with no family history, so screening is important for everyone.

Screening Options:

Stool-Based Tests (At-Home Options)

FIT or High-Sensitivity gFOBT (checks for hidden blood in stool).

How often: Once a year

Stool DNA-FIT Test (Cologuard)

How often: Every 1-3 years

Direct Visualization Tests (Clinic-Based)

Colonoscopy (gold standard; can detect and remove polyps)

How often: Every 10 years

CT Colonography (Virtual Colonoscopy)

How often: Every 5 years

Flexible Sigmoidoscopy

How often: Every 5 years or every 10 years with annual FIT

Screening Test Selection: Talk to your healthcare provider to choose the best option for you.

Resources for Free or Low-Cost CRC Screening in North Carolina

Find a free or low-cost screening provider:

[Colonoscopy Assist](http://www.colonoscopyassist.com) - Affordable at-home stool tests and low-cost colonoscopies
(www.colonoscopyassist.com)

[North Carolina Free & Community Health Clinics](http://freeclinicdirectory.org/north_carolina_care.html) - Directory of free / low-cost clinics
(http://freeclinicdirectory.org/north_carolina_care.html)

[Stop Colon Cancer Now](https://stopcoloncancer.com/costs-of-a-colonoscopy/uninsured) - Information on affordable colonoscopy options
(<https://stopcoloncancer.com/costs-of-a-colonoscopy/uninsured>)

Find a gastroenterologist or screening facility:

[American College of Gastroenterology](https://gi.org/patients/find-a-gastroenterologist) (<https://gi.org/patients/find-a-gastroenterologist>)

[American Society of Colon & Rectal Surgeons](https://fascrs.org) (<https://fascrs.org>)

Additional CRC Information

Colorectal Cancer Screening Information - Center for Disease Control (CDC)

https://www.cdc.gov/colorectal-cancer/screening/?CDC_AAref_Val=https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm
and www.cdc.gov/screenforlife

“This is Personal” (featuring Terrence Howard) - CDC

<https://www.youtube.com/watch?v=nGu6CsYSOdc>

Six Myths About Colorectal Cancer - American Cancer Society

www.cancer.org/cancer/colon-rectal-cancer/colorectal-cancer-quiz.html

Insurance Coverage for Colorectal Cancer Screening - American Cancer Society

[https://www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/screening-coverage-laws.html](http://www.cancer.org/cancer/types/colon-rectal-cancer/detection-diagnosis-staging/screening-coverage-laws.html)