

**Based Upon the 2006 American Cancer Society Guidelines
for the Early Detection of Polyps and Cancer
*Including latest update by Multisociety Polyp Task Force:**

**Winawer, SJ, Zauber, AG, Fletcher, RH, et al. Gastroenterology 2006; 130:1872*

Your Risk:

AVERAGE RISK

Risk Category	Recommendations
All People without added Risk or Symptoms.	Begin at age 50 : Flexible Sigmoidoscopy every 5 years, With Stool Cards every year. Or, Sigmoidoscopy & Air Contrast Barium Enema q 5yrs. Or, Colonoscopy every 10 years.

INCREASED RISK

Risk Category	Recommendations
Colorectal Cancer in one Family Member, (i.e. A Parent age onset > 60 years);	ColoRectal Screening as outline in Average Risk (see above); But begin screening program at age 40.
-Colorectal Cancer in one Family Member younger than 60 years old, -An Adenomatous Polyp in one Family Member younger than 60 years old, -Colorectal Cancer in two or more Family Members of any ages.	Begin at age 40, or 10 years before the youngest case in the family; Which ever is Earlier. Total Colonic Evaluation every 5 years. (Colonoscopy or Air Contrast Barium Enema)
People with a small (< 1 cm. polyp (adenomatous growth).	Colonoscopy and Removal of Polyp; Followed by: Colonoscopy within 5 years after initial polyp removal; if normal, Resume as per average risk recommendations. (see above)
People with a single large polyp, or with multiple polyps of any size. (adenomatous growth)	Colonoscopy and Removal of Polyp; Followed by: Colonoscopy within 3 years after initial polyp removal; If normal, Colonoscopy every 5 years.
Personal history of Colorectal Cancer.	Colonoscopy within 1 year of Resection: If normal, Colonoscopy in 3 years; If still normal, Colonoscopy every 5 years.

HIGH RISK

Risk Category	Recommendations
Family History of Familial Adenomatous Polyposis	Begin testing at Puberty: If genetic test positive or polyposis confirmed, Consider colectomy; otherwise, endoscopy every 1-2 years.
HNPCC: Bethesda Criteria (1) 3 Family Members (2) Intergenerational (3) One of which; early age onset < 50 yr	Begin testing at age 21: If genetic test positive or if patient has not had genetic test, Colonoscopy every 2 years until age 40, then every year.
Inflammatory Bowel Disease	Begin Colonoscopies with biopsies for dysplasia 8 years after the Onset of PanColitis; then every 1-2 years. Begin Colonoscopies with biopsies for dysplasia 12-15 years after the onset of Left-Sided Colitis: then every 1-2 years.