Questions to bring *to your visit.*

Check the ones you want to ask. Your clinician knows your history and can tell you what fits you.

My age _____

My last screening, and when _____

Family history of colon cancer or polyps _____

Choosing a test

- [ ] **How well does each test find cancer, and advanced precancer?**
  Ask about both. Advanced precancer means higher-risk growths that can become cancer, found before they do.
- [ ] **Am I a good candidate for colonoscopy?**
  Colonoscopy can find precancerous polyps and remove them in the same visit. A stool test can't remove a polyp.
- [ ] **If I choose a stool test, what happens after a positive or negative result?**
  A positive result means a colonoscopy comes next. Ask when you would test again.

Arranging it

- [ ] **Do I need a referral? Who would do the exam, and how soon?**
- [ ] **What will it cost with my insurance, including if a polyp is removed?**
- [ ] **Which prep is right for me, and what should I do about my medicines?**
  Mention blood thinners, diabetes or GLP-1 medicines, iron and supplements.

Afterward

- [ ] **How will I get my results, and when is my next exam?**

My notes

ColonoscopyFirst.org Physician-led education by Stephen Rudolph, MD. Self-funded, with no money from any test maker.

General education, not medical advice. Follow your own care team's instructions. Version 1, November 2026.