UW Medicine

Dear Patient,

UW Medicine Primary Care is committed to providing you with the best possible healthcare. One way we do this is by reviewing your medical record from time to time to ensure that you are up to date on your screening tests, including cancer screenings. Some of these screening tests can find cancers early when they are easier to treat and save lives!

Upon a recent review of your record, we found that you are due for colorectal cancer screening this year. Colorectal cancer (cancer of the colon and rectum) is the third most common cancer in the United States, and the American Cancer Society (ACS) recommends that everyone aged 45 years and older be screened for colorectal cancer.

To help you maintain your best health, here are two effective screening options:

1. **FIT (Fecal Immunochemical Test):** This is a simple test you can do at home; no special preparation is needed. This test checks for small amounts of blood in your stool. After collecting your sample, you mail it back to us. The ACS recommends this test once a year.
2. **Colonoscopy:** This procedure is done by a gastroenterologist. It requires a two-day preparation. You will also need sedation (medicine to help you relax) for the procedure. If your results are normal, the ACS recommends repeating the test every ten years.

If you prefer to have a colonoscopy, have already completed a FIT test elsewhere, have a family history of colorectal cancer, or are experiencing symptoms like blood in your stool or changes in your stool, please contact us to help update your medical record or find a screening program that will work for you.

You can reach the UW Medicine Contact Center at 206.520.5000 or contact your care team online through MyChart.

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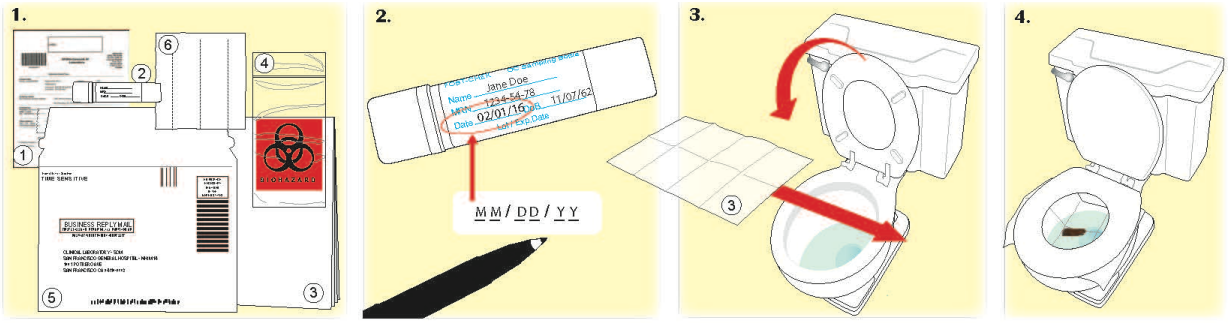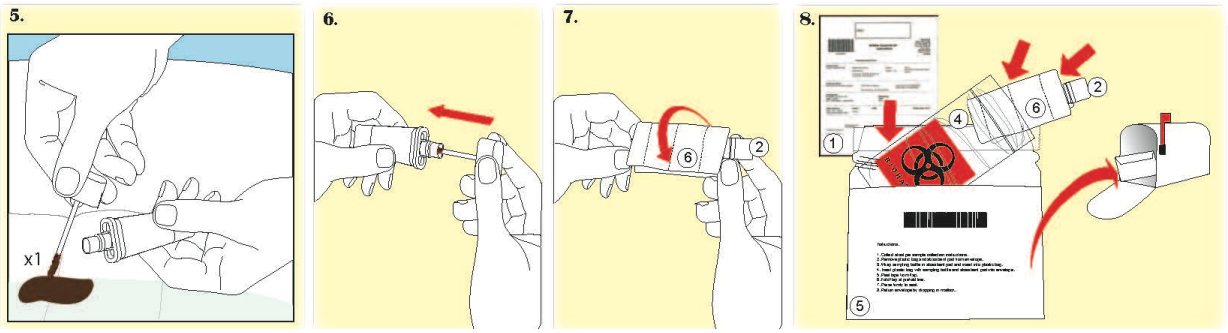
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