

STOOL-BASED TEST

My Action Plan



Stool-based blood tests are simple tests that can be done at home and delivered to the laboratory or clinic.



These tests are used to find blood in the stool. Colorectal cancer and polyps usually shed small amounts of blood you can't see with the naked eye. But the, stool-based blood tests can detect it.



These tests are simple, painless, and take a short time.



Your doctor or nurse will provide you with the medical order you need to receive your test. They will give you everything you need to complete the screening test at the lab, clinic, or even the doctor's office.



The cost of stool-based tests is covered under many health insurance plans, both public and private.



Everyone should get yearly testing starting at age 45. If you have a family history, you should begin testing at age 40 or as your doctor recommends.

Remember: Prevention today, better life tomorrow!



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**My
Action Plan**



STEPS TO FOLLOW TO GET MY STOOL-BASED TEST:

- I talked to my doctor about colorectal cancer and got an order for a stool-based test.
- I got my kit with everything I needed to complete the test.
- I completed the test following the instructions given to me when I received the kit.
- I returned the test as indicated. Some common forms of delivery are: to the lab, the clinic, or returning by mail.
- I made an appointment to speak with my doctor or gastroenterologist about my results and noted the date.
- I attended the appointment and discussed the results with my doctor.
- I followed the recommendations that my doctor gave me.

MY PLAN TO COMPLETE THE STOOL-BASED TEST:

DATE

I talked to my doctor and got the order to get tested.

I got my kit with the test.

I have completed the test and returned it as instructed: to the lab, clinic, or by mail.

I received my results and made an appointment with my doctor to discuss my results.

My next stool-based test is due.

What prevents me from having a stool-based test?

How am I going to overcome these barriers

MY COMMITMENT:

For my health and my family, I promise to:

- Talk to my doctor about screening for colorectal cancer.
- Complete the recommended screening test(s) for colorectal cancer.
- Discuss my results with my doctor and follow their instructions.

signature

date