

Frequently Asked Questions for First Nations Nursing Stations and Health Centres

What do I need to know about ColonCheck?

ColonCheck is the provincial colorectal cancer screening program and invites eligible individuals 50 - 74 years of age to be screened for colorectal cancer. ColonCheck is distributing Fecal Occult Blood Test (FOBT) kits throughout Manitoba.

Who is eligible for a ColonCheck FOBT?

ColonCheck FOBT kits are for men and women between the ages of 50-74 who have not:

- done a home screening test in the past 2 years, or
- had a colonoscopy in the past 5 years

The program targets these individuals as research shows they are most likely to benefit from FOBT screening. If you would like to screen someone outside the eligibility criteria, or would like to use an FOBT for other reasons, please use the FOBT stocked in the nursing station or health centre.

Who is ColonCheck inviting to participate?

- ColonCheck is actively inviting eligible Manitoban men and women across the province.
 - We started inviting in Norman region in 2012 and Burnwood region in 2013.
- We continually invite all eligible Manitobans when they turn 50.
- Individuals who complete a ColonCheck test are sent another test in 2 years, if they are still eligible.
- Individuals who do not complete their ColonCheck test are not being actively invited at this time.
Important! They are still eligible to participate. The nurse at the nursing station and health centre, or the individual can contact us to request a test be mailed to them.
- ColonCheck FOBT kits may also be given out to eligible individuals through established partnerships with various health care providers.

What is the process ColonCheck uses for screening?

- The eligible individual receives a notification letter, then 3 weeks later the test kit.
- The individual mails the completed test to Cadham Provincial Lab in the postage paid return envelope provided in the kit.
- Cadham Provincial Lab analyzes the test and sends the results to the program.
- ColonCheck mails the test result to the individual and their health care provider (if known).
- For individuals with an abnormal result, the program's Follow up Coordinator will contact the person's health care provider or nursing station to coordinate the referral for colonoscopy.

The program recommends FOBT every two years followed by a colonoscopy if any one FOBT sample is positive.

What if a person needs help to complete the test?

The FOBT is a self-administered test. If a person has questions about how to do the test, they can:

- call ColonCheck toll free for assistance. We are able to arrange interpreter services if needed.
- visit our website where there are frequently asked questions and videos on how to do the test.
- ask local health staff for help. Health staff can order resources from ColonCheck to help explain the test.

If this test is not appropriate, or someone is unable to complete it, consider recommending other tests.

What if nursing station and health centre staff have questions?

Visit our website or call ColonCheck to speak to a Health Educator. We have developed many resources to assist you. ColonCheck has also developed a recorded webinar presentation with Saint Elizabeth Health Care. This webinar has more information and can be accessed at atyourside.ca. You can also view the recorded webinar at our website, ColonCheckmb.ca.

What should I do if a patient returns a completed ColonCheck test to the nursing station and health centre?

Do not analyze it. Instead, please ensure the individual's information and sample dates are written on the test card, and send the test to Cadham Provincial Lab as soon as possible. If it is not analyzed in a timely manner, the test will have to be repeated. It is important for ColonCheck to get the results to evaluate effectiveness and so we are able to:

- Send results letters to the individual and the health care provider.
- Invite the individual again in two years so they can stay up to date with colon cancer screening.
- Coordinate colonoscopy for individuals with abnormal results in a timely manner.

The postage paid return envelopes were included with the test kit. If there is no return envelope, please place in another envelope and address it to:

Cadham Provincial Laboratory
C/O ColonCheck, CancerCare Manitoba
PO Box 8450 STN MAIN
Winnipeg, MB R3C 9Z9

For more information, please call ColonCheck at (204) 788-8635 in Winnipeg, or toll free at 1-866-744-8961.

What does the ColonCheck test kit include?

- Invitation letter and yellow participant form
- Three sample FOBT card
- Collection sticks and flushable toilet bowl liner
- Information pamphlet
- Return envelopes



#5-25 Sherbrook Street
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