

## What is this programme?

The colorectal cancer screening programme involves a regular invitation for a preventive examination. You can choose between a **stool test (every 2 years)** or a **colonoscopy (every 10 years)**.

Colorectal cancer is one of the most common types of cancer. Screening examinations can detect the presence of colorectal cancer at an early stage or prevent it altogether through the removal of precancerous lesions (polyps). The earlier colorectal cancer is detected, the better it can be treated and the greater the chances of recovery.

## Who can take part?

- Residents of the canton of Bern
- Aged between 50 and 69
- No colonoscopy within the last 10 years (those who need regular colonoscopies unfortunately cannot take part)
- No bowel-related problems (screening means early examination without symptoms)

## How much does it cost?

The costs are covered by your health insurance company (even below your annual excess). You only pay the deductible of 10 %, i.e. around **CHF 5 for a stool test** or **CHF 70 – 150 for a colonoscopy** (in the case of a colonoscopy, GP costs and costs for medicine for colon cleansing may be added to this figure).

## Stool test or colonoscopy?

You can choose between a stool test and a colonoscopy. Only those with close relatives (parents, siblings, children) with colorectal cancer are clearly recommended to choose a colonoscopy. Your GP will also be happy to advise you.

### Why opt for a stool test?

You prefer a screening exam that is reliable and can be carried out at home every 2 years. A colonoscopy is only necessary if blood is found in the stool (in approx. 8 out of every 100 people).

### Why opt for a colonoscopy?

You prefer a more in-depth screening exam that is only carried out by a specialist every 10 years. Precancerous lesions (polyps) can be removed during the examination.

## How does the examination work?

Be sure to register in advance at [www.screening-be.ch/registrierung](http://www.screening-be.ch/registrierung). You will need the reference number at the top right of your invitation letter (request via the website or by telephone on 031 529 3640).

### Stool test procedure

Once you have registered, the test will be sent to you by post. You will carry out the test at home and send it back to the laboratory. The laboratory will inform you of the result by letter. If no blood is found in your stool, you will automatically receive your next test by post in 2 years' time. If blood is found, a colonoscopy will be needed for further clarification.

### Colonoscopy procedure

First register online for your colonoscopy. Then ask to be referred to a gastrointestinal practice in the cantonal programme (list of participating practices on the website [www.screening-be.ch](http://www.screening-be.ch)). You can also register directly with some practices. The examination is carried out at the practice / hospital. You will be informed about the procedure and the result during the appointment.

**IMPORTANT:** Bring your **registration confirmation** with you to all medical appointments. Let the practice know that the examination is to be carried out **as part of the cantonal screening programme** (outside of the programme, you are required to cover the costs yourself).

## Any questions?

We'll be happy to provide help by phone (**031 529 3640**) or via e-mail ([screening-be@klbb.ch](mailto:screening-be@klbb.ch)).