

# 預防大腸癌

## TO PREVENT COLORECTAL CANCER

### 實踐健康生活

#### LIVE A HEALTHY LIFESTYLE



**每日食5份蔬果**  
Eat 5 servings of fruit and vegetables daily



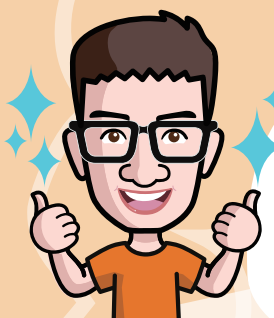
**保持健康體重**  
Keep a healthy weight



**恆常運動**  
Exercise regularly



**向煙酒說「不」**  
Say "NO" to smoking and alcohol

The Government-subsidised Colorectal Cancer Screening Programme was fully extended to asymptomatic Hong Kong residents aged between **50 and 75** on 1 January 2020.

### Programme Overview

Participants will first take a Faecal Occult Blood Test (FOBT) that can detect small amounts of blood in stool, even if they are invisible to the naked eye. If there is blood, colonoscopy will be arranged to remove polyps, if any, to prevent them from developing into cancer.

### Merits of the Programme

#### 1. Safe

FOBT, which is adopted as the main screening test in the Programme, is simple, hygienic and safe.

#### 2. Effective

The Programme can identify people with disease or people at increased risk of disease for early follow up and treatment.

#### 3. Convenient

Enrolled private clinics can be found all over Hong Kong.

#### 4. Efficient

FOBT can be completed within a few days. Enrolled participants with positive FOBT result can receive colonoscopy examination in eight weeks.

#### 5. Free of Charge

No extra service fee is required in the majority of enrolled clinics. In other words, participants can receive free service. Extra service charges, if any, will be shown at [www.ColonScreen.gov.hk](http://www.ColonScreen.gov.hk) and the special posters in the clinics.

### Eligibility Criteria

To join the Programme, eligible persons should fulfill the following criteria:

- ✓ Aged between 50 and 75
- ✓ Hold a Hong Kong Identity Card<sup>1</sup> or Certificate of Exemption
- ✓ Registered in the **Electronic Health System (eHealth)**
- ✓ The primary care doctors (PCDs) will personally meet the prospective participants so as to assess their medical fitness for joining the Programme. You should inform the PCD if you have any of the following:
  - History of colorectal cancer
  - History of chronic inflammation of the bowel, e.g. ulcerative colitis
  - Diagnosis of hereditary bowel syndrome, or have first-degree relative diagnosed with such syndrome
  - Have first-degree relative diagnosed with colorectal cancer
  - History of colorectal polyp
  - Symptoms of colorectal cancer
  - Previously been advised against receiving colonoscopy by a doctor
  - Record of receiving colonoscopy within the past 10 years
  - Record of receiving flexible sigmoidoscopy within the past 5 years
  - Record of receiving FOBT within the past 2 years (irrespective of results)



1 Except those who obtained their Hong Kong Identity Card by virtue of a previous permission to land or remain in Hong Kong granted to them and such permission has expired or ceased to be valid

### Faecal Occult Blood Test

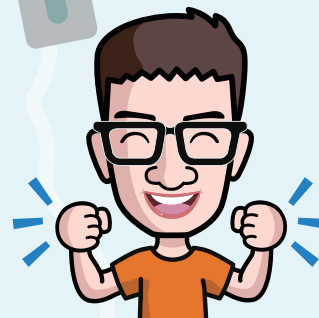

Colorectal Cancer Screening Programme targets asymptomatic individuals aged 50 to 75 at average risk of colorectal cancer. The purpose is to identify people with disease or people at increased risk of disease **for prompt treatment and improving the treatment outcome.**

Colorectal cancer is usually developed from polyps. **This process may take up more than 10 years.** People suffering from early stage of the disease may not notice any symptom even though blood is present in stool.

The Programme adopts faecal immunochemical test (FIT, an improved version of FOBT) as the screening test to detect small amounts of blood in stool, which are invisible to the naked eye. Participants use FOBT tubes to collect stool specimens at home. **The procedure is simple, hygienic and safe.**

If the FOBT result is **Negative**, participants should **repeat screening every two years after assessment by Primary Care Doctor.** Participants should also continue to watch out for symptoms of colorectal cancer, such as a change in bowel habit, blood or large amounts of mucus in stool, persistent urge after passing stool, etc. Seek advice from a doctor if there is any concern.

If the FOBT result is **Positive**, the doctor will refer participants for colonoscopy. This examination is done by passing through the anus a thin flexible tube with a small camera at its end to visualise and detect any abnormality on the inner wall of the large bowel. When required, the doctor can remove polyps or obtain tissue samples for laboratory examination. Removal of polyps can prevent them from developing into cancer.

### Screening Workflow

**Register in eHealth**  
Please visit [www.ehealth.gov.hk](http://www.ehealth.gov.hk)

**Find a Primary Care Doctor**

- Browse [www.ColonScreen.gov.hk](http://www.ColonScreen.gov.hk) or call the manned enquiry line at **3565 6288** during office hours to obtain the list of enrolled doctors and contact information
- Look for the programme logo displayed in clinics

**Consult a Primary Care Doctor**

- Show Hong Kong Identity Card or Certificate of Exemption on the day of consultation
- Be assessed by the Primary Care Doctor on medical fitness for joining the Programme
- Sign the consent form to enrol in the Programme
- Obtain the Participant's Pack with the FOBT tubes

**Collect stool specimens at home**

**Return FOBT specimens to a Specimen Collection Point**


**Be notified of the result by Primary Care Doctor**

#### Negative FOBT result

- Watch out for colorectal cancer symptoms
- Repeat FOBT every 2 years after assessment by Primary Care Doctor

#### Positive FOBT result

- Consult the Primary Care Doctor for follow up
- Get to know FOBT result
- Receive referral for colonoscopy



Find a Primary Care Doctor

Call our Manned Service Enquiry Line at **3565 6288** during office hours. Visit [www.ColonScreen.gov.hk](http://www.ColonScreen.gov.hk)

