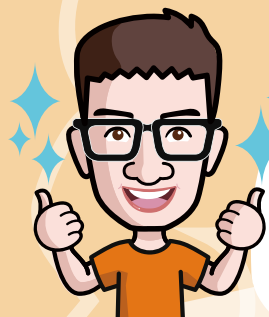


預防大腸癌

TO PREVENT COLORECTAL CANCER

實踐健康生活

LIVE A HEALTHY LIFESTYLE



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

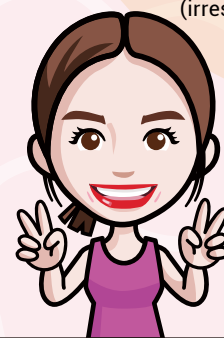
No extra service fee is required in the majority of enrolled clinics. In other words, participants can receive free service. Extra service charges, if any, will be shown at www.ColonScreen.gov.hk and the special posters in the clinics.

Eligibility Criteria

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

- ✓ Aged between 50 and 75
- ✓ Hold a Hong Kong Identity Card¹ or Certificate of Exemption
- ✓ Registered in the **Electronic Health Record Sharing System (eHRSS)**
- ✓ 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 eHRSS

Please visit www.ehealth.gov.hk

Find a Primary Care Doctor

- Browse 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

