

COLON CANCER  
**NO. 2**  
IN CANCER-RELATED  
DEATHS

UP TO  
**90%**  
OF COLON CANCERS  
CAN BE AVOIDED

*and yet,*

**1/3**

U.S. ADULTS SKIP  
THEIR COLONOSCOPY

# COLONOSCOPY ISN'T THAT BAD



It's one evening of colon prep  
**THAT COULD SAVE YOUR LIFE.**



**30 – 45 MINUTES:**  
colonoscopy procedure



**10 YEARS: RECOMMENDED**  
TIME BETWEEN COLONOSCOPIES  
(Will vary depending on risk factors)



It takes **10–15 YEARS** for  
a polyp to turn into cancer

*It's that simple.*  
**DON'T BE WHINY. PROTECT YOUR HINEY.**  
Find a location to schedule your colonoscopy at [Avera.org/colon](https://Avera.org/colon) or call 888-422-1410.

**Avera** 

Sources: Centers for Disease Control and Prevention; American Cancer Society;

The National Polyp Study Workgroup, New England Journal of Medicine

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# WHY IS COLONOSCOPY WORTH IT?



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