KANTON
LUZERN

Gesundheits- und Sozialdepartement
Dienststelle Gesundheit und Sport

Sorgen Sie vor!

Canton of Lucerne colorectal cancer screening programme

Why is prevention important?

Colorectal cancer is one of the most common types of cancer in Switzerland. Small growths, called polyps, can develop in the large intestine. Many polyps are not harmful to health, and only a few slowly develop into cancer. Symptoms only become noticeable once the disease is very advanced. This means the earlier an abnormality in the bowel is found, the greater the chances of recovery.

The risk of colorectal cancer increases over the age of 50. The canton of Lucerne therefore invites everyone between the ages of 50 and 74 to take part in the colorectal cancer screening programme.
Participation in the programme is voluntary.
Regular preventive check-ups can spare people a lot of suffering, and fewer people are developing bowel cancer.

Examination methods

You have two options when it comes to your preventive check-up. You can get advice from your doctor or pharmacy:

Faecal immunochemical test (FIT)

Test for non-visible blood in the stool

With colorectal cancer, there is often a little bleeding. However, this blood in the stool is not visible with the naked eye. This is where the FIT screening test comes in. With these tests, blood traces in the stool can be measured very easily.

Colonoscopy

Internal examination of the bowel

The colonoscopy is performed by a specialist. They insert a tube with a small camera into the bowel. This allows the doctor to examine the bowel from the inside.

Costs

Your health insurance company pays the costs of the examination if it is carried out as part of the canton of Lucerne's screening programme. The insurance company will only charge you a 10 per cent deductible. This is around CHF 5 for a FIT. A colonoscopy will cost you between CHF 50 and 150, depending on whether polyps are found and need to be removed. Depending on the case, there may also be the additional cost of a preliminary medical consultation and the cost of medication to prepare the bowel before the colonoscopy.

Examination procedure

Here you can see step by step what happens during the examination.

Faecal immunochemical test (FIT)

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Colonoscopy

Internal examination of the bowel

Registration

You can register:

- Online: www.darmkrebsvorsorge.lu.ch
- With your doctor or pharmacy – see list www.darmkrebsvorsorge.lu.ch/ Akkreditierte_Partner

You will receive a personal reference number.

Registration with an accredited:

- GP
- Gynaecologist

You will have a consultation and be given a reference number. The surgery will register you for a colonoscopy with a specialised doctor.

Test/examination

- Order a test using your reference number
- The test will be sent to you in the post
- Read the instructions, take a stool sample
- Send the sample back for testing
- The results of the test will be sent to you in the post

No blood – negative result:
You will be sent another test automatically in two years.

Blood – positive result:
Contact your GP.

It is important to make sure your bowel is ready for the procedure.

- Follow the doctor's dietary instructions
- Take the solution to clean your bowel
- Examination at the doctor's surgery

Normal:
You will be due for another examination in ten years. You will receive a reminder of this.

Abnormal:
Your doctor will discuss with you how to proceed.

Further information

More information in various languages can be found on the programme's website, **www.darmkrebsvorsorge.lu.ch**. If you have any questions, please contact the Programme Centre by phone on **041 228 70 00** or e-mail at **darmkrebsvorsorge@lu.ch**.

Take care of your health – get a preventive medical check-up.