

## **Cancer Care Ontario Guidelines – Summary**

CCO guidelines for Colonoscopy Screening/Surveillance referrals:

The CCO post polypectomy guideline updated as of July 2026 and should be used in place of recommendations made prior to then. Provincial standards recommend that FIT be done for average risk screening age 45 or over.

Family history of colon cancer in ONE 1st degree relative with colon cancer diagnosed age 60 or older - FIT is now recommended (no longer colonoscopy procedure). 2nd degree (or step) relative is of no consequence and recommend that FIT be done as average screening.

If patient has ONE 1st degree relative with colon cancer (59 years old or younger at age of diagnosis) OR TWO 1st degree relatives (of any age of diagnosis), screening would start at age 40 (or 10 years prior to the age of 1st degree family member diagnosis if younger than 50), with repeat screening every 5 years. If patient has high risk polyps, or 3 or more low risk polyps, recommendation may be sooner. Hyperplastic polyps are not premalignant, and therefore patient would be average risk.

Family history of polyps without cancer in 1st degree relative, does not increase someone's risk and does not require earlier or more frequent screening than the average risk population.

People with an unknown family history should be screened as per routine recommendation with FIT at age 45.

Higher risk conditions such as inflammatory bowel disease, Lynch syndrome, and familial adenomatous polyposis have separate screening recommendations.

Please refer to the Cancer Care Ontario Website for updated recommendations at <https://www.cancercareontario.ca/en>.