### **CRC Screening: FIT vs Cologuard (FIT-DNA)**

Effectiveness, convenience, and cost are the three factors that determine which tests to pursue with a patient who is resistant to screening colonoscopy (as well as flexible sigmoidoscopy or CT colonography).

#### **Effectiveness:**

Though it is often cited that Cologuard has a sensitivity of 92% compared with FIT's sensitivity of 74%, it is important to recognize that FIT is performed yearly and Cologuard every three years. The increased frequency of the FIT test improved the 'functional' sensitivity over the entire screening period (50-75 years of age).



FIT demonstrates equal, if not better, outcome effectiveness with comparable potential risk of harm

#### **Convenience:**

Though Cologuard is every three years and FIT is yearly, FIT requires only a simple smear yearly whereby Cologuard requires collection of an entire bowel movement. (Search "Cologuard" and "Fecal Immunochemical Test" on YouTube for related videos)

#### Cost:



Cost of FIT every year v Cologuard every 3 years

# **EIGHTY**BY**2018**

## **Colorectal Cancer Screening Tools**



	Colonoscopy	Flexible Sigmoidoscopy	CT Colonography	FIT-DNA (Cologuard)	Fecal Occult Blood Test (FOBT)	
Туре					Guaiac FOBT	FIT - iFOBT
Average Cost*	\$950	\$520	\$315	\$502	\$22	
Sensitivity (True Positive)	High (>95%)	Moderate to High (>95% in distal colon)	High (>90%)	High (92%)	Low (33%)	Moderate (75%)
Specificity (True Negative)	High	High	High	High	Moderate	Moderate
USPSTF Recommended Frequency	10 years	5 years	5 years	3 years	1 year	
CDPHP Coverage <sup>t</sup>	$\checkmark$	$\checkmark$	Prior Authorization	Prior Authorization	$\checkmark$	
Advantages	<ul> <li>Gold standard</li> <li>Most sensitive</li> <li>Biopsy and polypectomy can be performed during the procedure</li> <li>Used as a diagnostic test when a person has symptoms</li> <li>Used as a follow-up test when the results of another test are unclear or abnormal</li> </ul>	<ul> <li>Minimal discomfort</li> <li>Biopsy and polypectomy can be performed during the procedure</li> </ul>	<ul> <li>Minimally invasive</li> <li>No sedation needed</li> </ul>	<ul> <li>No colon cleansing</li> <li>Samples collected at home</li> <li>No sedation needed</li> </ul>	<ul> <li>No colon cleansing</li> <li>Samples collected at home</li> <li>No sedation needed</li> </ul>	<ul> <li>No colon cleansing</li> <li>Samples collected at home</li> <li>No sedation needed</li> <li>Requires 1 sample</li> <li>Does not require dietary restrictions</li> </ul>
Limitations	<ul> <li>Unable to detect some small polyps or cancers</li> <li>Bowel cleansing required</li> <li>Dietary restrictions</li> <li>Sedation necessary</li> <li>Small risk of bleeding or tearing</li> </ul>	<ul> <li>Only allows view of rectum and lower colon</li> <li>Bowel cleansing</li> <li>Small risk of bleeding or tearing</li> </ul>	<ul> <li>Bowel cleansing required</li> <li>Unable to detect some polyps</li> <li>Exposure to ionizing radiation</li> </ul>	<ul> <li>High cost</li> <li>Low sensitivity to adenomas</li> </ul>	<ul> <li>Requires 3 samples</li> <li>Requires dietary restrictions</li> <li>Unable to detect some polyps and cancers</li> </ul>	<ul> <li>Unable to detect some polyps and cancers</li> </ul>

\*Average cost to plan per commercial claim.

+ Coverage may vary depending on plan restrictions.

^Member Liability: For commercial members, please contact CDPHP provider services at (518) 641-3500 to determine member liability. Medicare and Medicaid members are covered in full.

- 1. <u>https://www.cancer.gov/types/colorectal/screening-fact-sheet#q2</u>
- 2. <u>http://www.nature.com/nrc/journal/v5/n3/fig\_tab/nrc1569\_T1.html</u>
- 3. https://www.dovepress.com/colorectal-cancer-development-and-advances-in-screening-peer-reviewed-fulltext-article-CIA