

COLON CANCER FOLLOW-UP GUIDELINES

- Follow up will be done by the Surgery department, for the first 2 years and thereafter whenever a colonoscopy is needed (year 5 and every 3 years thereafter). Annual follow-up between surgical visits should be performed by the patients Primary Care Provider (PCP)
- Detection of recurrent colon cancer is sometimes treatable and may, in a few instances, improve survival. Colon cancer patients remain at increased risk for developing new primary colon cancers throughout their lives.
- If the patient had a curative resection the follow-up is as follows

Colon Cancer Follow Schedule

| | 6 months | 12 months | 18 months | 24 months | 3 years | 4 years | 5 years | Every 3 years after year 5 |
|--------------------------------------|---|---|---|---|------------------------------|------------------------------|------------------------------|------------------------------|
| Stage I | Colonoscopy* | Colonoscopy | | Colonoscopy | | | Colonoscopy | Colonoscopy |
| | | Physical Exam, CBC, CMP, CXR | | Physical Exam, CBC, CMP, CXR | Physical Exam, CBC, CMP, CXR | Physical Exam, CBC, CMP, CXR | Physical Exam, CBC, CMP, CXR | |
| Stage II-IV (curative intent) | Colonoscopy* | Colonoscopy | | Colonoscopy | | | Colonoscopy | Colonoscopy |
| | Physical Exam, CBC, CMP, CEA, CT Chest/abd/pel w IV & Oral contrast | Physical Exam, CBC, CMP, CEA, CT Chest/abd/pel w IV & Oral contrast | Physical Exam, CBC, CMP, CEA, CT Chest/abd/pel w IV & Oral contrast | Physical Exam, CBC, CMP, CEA, CT Chest/abd/pel w IV & Oral contrast | Physical Exam, CBC, CMP, CXR | Physical Exam, CBC, CMP, CXR | Physical Exam, CBC, CMP, CXR | Physical Exam, CBC, CMP, CXR |
| Stage IV non-curative | FOLLOW-UP AS APPROPRIATE | | | | | | | |

*Patients who do not have a complete colonoscopy at time of diagnosis will require a complete colonoscopy at 6 months

All patients treated with curative intent will have their follow-up performed by the surgery department for the first 2 years and thereafter, whenever a colonoscopy is needed

Other follow-up will be performed by the patients PCP

- First degree family members should be identified to begin surveillance colonoscopy at the appropriate age. Please see Colon Cancer Screening Guidelines.

References:

American Society of Clinical Oncology, 2005 Update of ASCO Practice Guideline Recommendations for Colorectal Cancer Surveillance

ANMC Breast Cancer Patterns of Care Review, 2007, Dr. Steve Alberts, Mayo Clinic

NCCN Clinical Practice Guidelines in Oncology, 2008