

## Colon Cancer Survivorship Care Plan v3 10/09

<b>Patient Name:</b>				
<b>Name and role of person completing this form:</b>				<b>Completion date:</b>
<b>FOLLOW-UP CARE RECOMMENDATION</b>	<b>YEAR 1</b>	<b>YEAR 2</b>	<b>YEAR 3</b>	<b>YEARS 4 AND 5*</b>
Doctor's Visit	Every 3 to 6 months	Every 3 to 6 months	Every 3 to 6 months	Every 6 months
CEA Test	Every 3 months	Every 3 months	Every 3 months	As determined by your doctor
CT Scanning	Every year, if recommended by your doctor	Every year, if recommended by your doctor	Every year, if recommended by your doctor	As determined by your doctor
Colonoscopy	Once†		At 3 years	
<p>* After 5 years, the need for future tests and visits are decided by the patient and doctor.          † A colonoscopy should be done around the time of surgery. If the examination shows no signs of a recurrent tumor or polyps, a colonoscopy should be done at 3 years, and if normal, every 5 years thereafter.</p>				
<p>Scientific evidence for the routine use of the following tests is lacking and they are not recommended for follow-up care:</p> <ul style="list-style-type: none"> <li>• A complete blood count (CBC) test or liver function tests</li> <li>• A fecal occult blood test to look for blood in the stool</li> </ul>				
<b>COLON CANCER FOLLOW – UP SHEET</b>				
<b>Date of Surgery (DOS):</b>				
<b>ESTIMATED TARGET DATES</b>		<b>DATES COMPLETED</b>		
<b>DOS plus</b>	<b>Actual Dates</b>	<b>CEA<sup>1</sup> (Date/Value)</b>	<b>Counseling Visit<sup>2</sup></b>	<b>CT Scanning</b>
+ 0y/3m →				
+ 0y/6m →				
+ 0y/9m →				
+ 1y/0m →				
+ 1y/3m →				
+ 1y/6m →				
+ 1y/9m →				
+ 2y/0m →				
+ 2y/3m →				
+ 2y/6m →				
+ 2y/9m →				
+ 3y/0m →				
+ 3y/6m →				
+ 4y/0m →				
+ 4y/6m →				
+ 5y/0m →				
<b>Comments/Evidence of Recurrence:</b>				

<sup>1</sup> Carcinoembryonic antigen (CEA) testing is not recommended *during* the administration of adjuvant chemotherapy.

<sup>2</sup> As guidelines suggest 3 to 6 months for counseling visits, optional dates are marked with (opt)

<sup>3</sup> Acceptable to wait 3 years for follow-up if the pre-or perioperative colonoscopy examined the *entire colon*.