



*Colorectal Cancer Education, Screening and  
Prevention Program (CCESP): Empowering  
Communities for Life*

I, \_\_\_\_\_, pledge to get screened for colorectal cancer.

☐ I will start my stool test \_\_\_\_\_

☐ I will stop taking certain medications \_\_\_\_\_ (7 Days before)

☐ I will stop eating red meats \_\_\_\_\_ (3 Days before)

☐ I will mail my stool test card \_\_\_\_\_

**Yes!** I completed my colorectal cancer screening and mailed  
the stool card!

Now I may continue my medication(s) and eating red meat.

**For more information about colorectal cancer please contact:**