

# Follow-up Colonoscopy & Post Polypectomy Surveillance: New Recommendations for Alberta in 2023

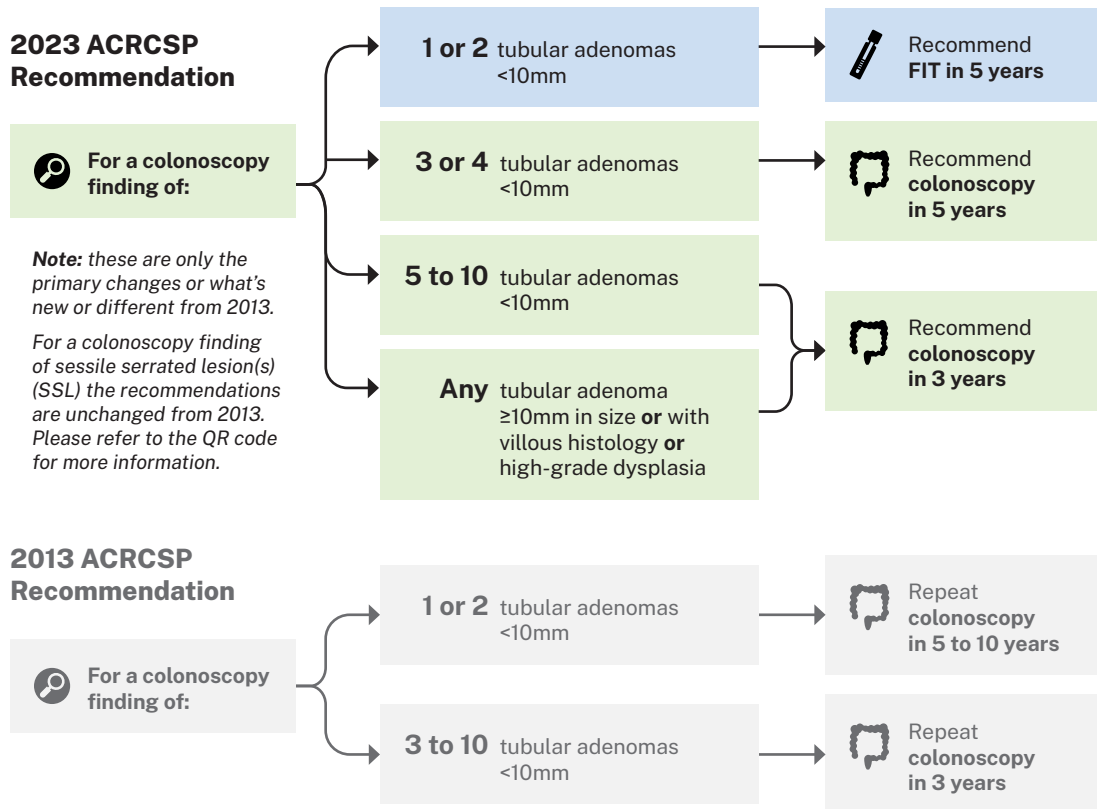
The AHS Alberta Colorectal Cancer Screening Program (ACRCSP) revised the 2013 Alberta Post Polypectomy Surveillance Guidelines.

These guidelines are for individuals who are **average risk**, with **no symptoms** and **no first-degree relatives with colorectal cancer (CRC)**. The surveillance recommendations are based on findings from the initial (baseline) colonoscopy.

Individuals with family history of CRC in 1 or more first degree relative (parent, sibling, child) are considered at increased risk. Please refer to TOP CRC screening guidelines for family history at [actt.albertadoctors.org](http://actt.albertadoctors.org)

The revised guidelines will support physicians and their patients to make evidence informed, shared decisions, addressing:

- Which patient should commence surveillance by **colonoscopy** and who should return to average risk screening with the **fecal immunochemical test (FIT)**; and,
- How **often** screening should take place



## **i** There is new evidence that **low risk polyps do not require aggressive surveillance.**

- Small (<10mm) tubular adenomas do not play a significant role in the subsequent development of colorectal cancer.
- Patients who received a high-quality colonoscopy are subsequently at lower risk of colorectal cancer than the average risk population.

### **How do I use the new guidelines?**

- For patients who are now due for their 5-year colonoscopy follow-up for 1-2 small tubular adenomas, **screening with FIT is a valid option that some patients may prefer.**
- The decision to resume surveillance with FIT or colonoscopy should be a **shared decision.**
- Some screening centers and endoscopists **may not accept referral for colonoscopy for low-risk lesions** based on this new evidence.

