





Colorectal Cancer Long-term Follow-up

Colorectal Cancer Surveillance

| Surveillance Strategy | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 |
|---|--|-------------------------|-------------------------|-------------------------|-------------------------|
| Clinical exam  | every 3–6 months | every 3–6 months | every 6 months | every 6 months | every 6 months |
| CEA  | every 3–6 months | every 3–6 months | every 6 months | every 6 months | every 6 months |
| CT chest/abdomen/pelvis  | Every 6–12 months | Every 6–12 months | Every 6–12 months | Every 6–12 months | Every 6–12 months |
| Colonoscopy  | 1 year after initial surgery, repeat in 3 years, then every 5 years | | | | |

Survivorship Care

- ☐ Emphasis on the importance of maintaining a healthy body weight.
- ☐ Emphasis on the importance of physically activity (at least 30 minutes of moderate-intensity activity on most days of the week).
- ☐ Consume a healthy diet with emphasis on plant sources.
- ☐ Smoking cessation counselling.
- ☐ Consider genetic counselling as appropriate.
- ☐ Undergo all age-and gender-appropriate cancer and preventive health screenings as per national guidelines.
- ☐ For chronic diarrhoea or incontinence: Consider anti-diarrheal agents, bulk-forming agents and diet manipulation.