

# Fact Sheet

## SCOOP Program

Southern Co-Operative Program for the Prevention of Colorectal Cancer

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### What is SCOOP?

SCOOP is short for the “Southern Co-Operative Program for the Prevention of Colorectal Cancer”.

The program aims to identify people at increased risk of bowel cancer (also known as colorectal cancer) and ensure they have an ongoing plan for prevention and early detection of the disease.

### Who is SCOOP for?

The SCOOP Program is for people that are at a higher-than-normal risk of developing bowel cancer.

These risks include:

- a personal history of bowel cancer
- a significant family history of bowel cancer
- a personal history of bowel polyps called adenomas or serrated lesions
- long term inflammatory bowel disease for more than 8 years.

The SCOOP program operates throughout the southern suburbs of Adelaide and works closely with:

- General Practitioners
- Department of Gastroenterology and Surgery at Flinders Medical Centre (FMC) and Noarlunga Health Services (NHS)
- Endoscopy at FMC and NHS
- South Australian Clinical Genetics Service
- SA Group of Specialists (SGS)

### How do I get enrolled into the SCOOP Program?

Initially your care is planned by your GP.

If you are at increased risk of bowel cancer your GP will refer you to a gastroenterologist or colorectal specialist at the Southern Adelaide Local Health Network (SALHN) hospitals FMC and NHS (Public), or the SA Group of Specialists (Private).

Your Specialist will discuss your medical history with you, assess your risk and arrange the most appropriate initial procedure for you. This will usually be a colonoscopy or a flexible sigmoidoscopy.

### Following your procedure

After you have had your initial procedure, you will be assessed for entry into the SCOOP program.

A SCOOP nurse coordinator will examine all your risk factors for bowel cancer and an individualised “surveillance plan” is recommended for you based on the National Health and Medical Research Council’s Guidelines. This is agreed to by your Specialist. This plan ensures you are having appropriate bowel checks at the right time.

**If eligible** your details will be entered into the SCOOP database, and we will let you know by mail which surveillance plan has been recommended and when we will recall you for your next procedure.

These procedures usually include:

- **Colonoscopy or flexible sigmoidoscopy** – a thin flexible tube containing a tiny light and camera is passed through the back passage to look at the lining of your large bowel.

You may contact the SCOOP office at any time if you wish to be removed from the SCOOP Program.

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If you are not eligible for SCOOP and do not require regular colonoscopies you will be recommended to perform regular 2 yearly home bowel screening tests through the National Bowel Cancer Screening Program between the ages of 50 – 74 years, or through your GP.

These bowel screening tests are **Faecal Immunochemical Tests (FIT)** – an investigation where you collect small samples of your bowel motions at home to test for minute amounts of blood.

If you have any bowel symptoms, please contact your GP instead of completing the screening test.

Please contact the National Bowel Cancer Screening Program on **1800 627 701** to find out if you are eligible for a test kit.

## GP Information

Your General Practitioner will receive copies of the letters sent to you, so it is important if you change GP's that you let the SCOOP office know.

This will ensure they know about the surveillance plan which has been recommended.

## Research with the SCOOP program

As part of the continuous improvement processes of SALHN hospitals, you may be invited to participate in one or more research studies. These studies might include completing faecal immunochemical tests and surveys. All research participation is optional.

The outcomes from the research studies help to improve and optimise our cancer prevention services.

## To contact the SCOOP Program

SCOOP Program, Level 4  
 Flinders Centre for Innovation in Cancer  
 Flinders Drive  
 Bedford Park SA 5042  
 Telephone: (08) 8204 8902

## Bowel cancer information

- Health Direct  
<http://www.healthdirect.gov.au>
- Cancer Council South Australia  
<https://www.cancersa.org.au/>
- National Bowel Cancer Screening Program  
<https://www.health.gov.au/our-work/national-bowel-cancer-screening-program>
- National Health and Medical Research Council (NHMRC) Guidelines  
[https://wiki.cancer.org.au/australia/Guidelines:Colorectal\\_cancer](https://wiki.cancer.org.au/australia/Guidelines:Colorectal_cancer)

## For more information

SCOOP program  
 Flinders Centre for Innovation in Cancer  
 Flinders Medical Centre  
 Flinders Drive, Bedford Park, South Australia  
 Telephone: 8204 8902  
[www.sahealth.sa.gov.au/SALHN](http://www.sahealth.sa.gov.au/SALHN)



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