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How to Get Screened for Cancer if You Don't Have a Doctor

Screening tests are used to find cancer in people who have no symptoms. Screening increases the chances of finding certain cancers early, when they are small, have not spread, and might be easier to treat.

- [Getting your cancer screenings](#)
- [Finding a doctor to help you get screened for cancer](#)
- [Checking with your insurance company](#)

You might be getting to, or you might be at the age when you need to start screening. Or you might be overdue for your screening tests because of the COVID-19 pandemic. During the pandemic, many elective medical procedures were put on hold, and this led to fewer people getting screened for cancer.

Getting your cancer screenings

Some cancer screening tests need to be ordered by a doctor or another health care provider who can order them. If you don't have a doctor, there are things you can do and places you can call to find out how to get the screening tests you need. Here is information about recommended cancer screening tests and other information you might need to know so you can get screened.

Breast cancer screening

Screening for breast cancer is done with a [mammogram](#)¹. Some communities have different facilities where you can get a mammogram while others may only have a limited number of places to choose from. Some facilities will want you to have a doctor's

order for your mammogram and will want you to schedule an appointment to get screened. Other facilities might tell you a doctor's order is not needed, and you can just walk in to get a mammogram.

If you need to get screened for breast cancer and you don't have a doctor, try calling a local hospital, medical clinic, or woman's clinic. You can also call your [local health department](#)² or a facility that does mammograms. When you call, explain your situation, and ask if you are eligible for any programs that offer breast cancer screening without having a primary doctor or a doctor's order. There might also be mobile mammography units that drive the mammogram machine to your neighborhood at certain times to offer breast cancer screening services. [If you don't have health insurance](#)³, there may be free or low-cost breast cancer screening programs available. Sometimes, hospitals or clinics

Learn more about the American Cancer Society's guidelines for cervical cancer screening in [The American Cancer Society Guidelines for the Prevention and Early Detection of Cervical Cancer](#)⁸. If you're not sure what questions to ask when you call a facility for more information, you can check out [Questions to Ask a Doctor About Cancer Screening](#).⁹

Colorectal cancer screening

There are several [test options for colorectal cancer screening](#).¹⁰

- Stool-based testing looks at your stool (poop) for signs of cancer. These can be done at home because you collect a sample of your stool (poop) and follow instructions to mail it in to be tested. A doctor's office or medical clinic can provide take-home stool tests, and some pharmacies and online stores sell stool tests. Depending on the results of a stool test, you might need to have other tests.
- Visual exams look at the inside of the colon and rectum with a scope (colonoscopy) or special imaging test (colonography) to look for cancer or other problems. These tests are done in health care facilities that have special equipment to do them. You will need a doctor's order for one of these tests and might need to see a specialist (such as a gastroenterologist or colorectal surgeon) to have the test.

If you need to get screened for colorectal cancer and you don't have a doctor, try calling a local hospital, medical clinic, or your local health department. When you explain your situation, they can help you figure out how you can get screened. There might be programs available or clinics where you can get screened without having a primary doctor. If you [don't have health insurance](#)¹¹, there might be free or low-cost programs available or clinics where you can get screened for colorectal cancer without having a primary doctor. Sometimes, hospitals or clinics might host free cancer screening events. If you have health insurance, you can call your insurance company to find out if there are doctors or facilities listed in the plan where you can go for colorectal cancer screening.

Learn more about the American Cancer Society's guidelines for colorectal cancer screening in [American Cancer Society Guidelines for Colorectal Cancer Screening](#)¹². If you're not sure what questions to ask when you call a facility for more information, you can check out [Questions to Ask a Doctor About Cancer Screening](#).¹³

test should be done in a facility that has the right type of CT scan machine and experience in screening people for lung cancer. The American Cancer Society recommends [people with a higher risk of getting lung cancer](#)¹⁵ talk to a doctor or health care provider about the risks and benefits of lung cancer screening before making the decision to get screened.

If you choose to get screened for lung cancer and you don't have a doctor, call a local hospital, medical clinic, or health department. When you explain your situation, they might be able to guide you to a facility that does the screening test or to a clinic or doctor that can help. Some information is available at [cancer.org](#) or [1.800.227.2345](#). Some hospitals offer mobile LDCT units, but most LDCT scans are done in a hospital or imaging facility.

If you decide lung cancer screening is right for you, and [you don't have health insurance](#)¹⁶, there might be free or low-cost programs or clinics available. Sometimes, hospitals or clinics might host free cancer screening events. If you have health insurance, you can check with your insurance company to find out if there are facilities that offer lung cancer screening or doctors you can see in your plan so you can get a screening test scheduled.

Learn more about the American Cancer Society's guidelines for lung cancer screening in [Can Lung Cancer Be Found Early?](#)¹⁷. If you're not sure what questions to ask when you call a facility for more information, you can check out [Questions to Ask a Doctor About Cancer Screening](#).¹⁸

Prostate cancer screening

Prostate cancer screening is done using the [prostate-specific antigen \(PSA\)](#) test.

[Detection](#)²¹. If you're not sure what questions to ask when you call a facility for more information, you can check out [Questions to Ask a Doctor About Cancer Screening](#).²²

Finding a doctor to help you get screened for cancer

If you don't have a doctor or health care provider, keep in mind that some cancer screening tests might require a doctor's order. If you're told you need a doctor's order or a referral from a doctor, it's a good idea to find a doctor or health care provider who can order the tests you need and help you schedule them. Or, maybe you just want to find a doctor who you can see on a regular basis to help monitor your cancer risk factors and remind you about the screenings you need.

If you don't have a doctor, choosing one can be overwhelming and can take a lot of time. If you have health insurance, your insurance company likely has a list of doctors you can choose from. Some people might simply ask family and friends for names of

- [screening.html](#)
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