

Stool Collection Overview

9. Insert the stick back in the bottle and close the cap tightly.
 - a) **Don't open the bottle again.**
 - b) Throw the disposable materials in the garbage bag and wash your hands.
10. Put the bottle inside the re-sealable plastic bag that came with the kit. There is a small absorbent pad in the kit to wipe up the spill if the bottle opens.



Check that you have:

- labelled the bottle with the required information
- covered the grooved part of the sample stick completely with stool and closed the bottle firmly

Remember to label the bottle completely and correctly.

11. Put the lab requisition form in the pouch that is on the outside of the plastic re-sealable bag. Store the kit at room temperature until you return it to the lab.
12. Bring the sample with the requisition form to the nearest lab as soon as possible and no later than 7 days after completing the sample.

You have taken a positive step towards staying healthy. If there is blood in your stool, your healthcare provider will follow up with more testing.

To learn more about colorectal cancer and screening, see the brochure **Common Questions** at www.screeningforlife.ca. Or you can call 1-866-727-3926.

About the Alberta Colorectal Cancer Screening Program (ACRCSP)

The Alberta Colorectal Cancer Screening Program (ACRCSP) is coordinated by Alberta Health Services in partnership with healthcare providers. The ACRCSP mails FIT home stool test result letters to Albertans between 50 and 74.

To get letters from the ACRCSP your name and address must be up-to-date with Alberta Health; call 310-0000 (toll-free) then dial 780-427-1432.

Screening is one of the best things you can do for yourself to prevent and find colorectal cancer early.

Breast, cervical, and colorectal cancer screening saves lives.

For more information, please contact
Cancer Screening Programs

Tel: 1-866-727-3926

Fax: 1-888-944-3388

Web: screeningforlife.ca

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Illustrations courtesy of the BC Cancer Agency



Alberta Colorectal Cancer
Screening Program



COLORECTAL CANCER SCREENING

Instructions for the Fecal Immunochemical Test (FIT)



SCREENING
FOR LIFE.CA

What is a Fecal Immunochemical Test?

A Fecal Immunochemical Test (FIT) is used to screen for colorectal cancer in people at average risk. It's a test to find blood in the stool that you can't see. You are given a kit with a bottle in it and you do the test at home. You collect a small sample of stool in the bottle then bring it to the lab to be examined.

Do I have to follow a diet or stop taking my medicine for the test?

No, you keep eating your regular food and taking the medicine you normally take.

Why would I have to repeat the test?

You will have to repeat the FIT if:

- the sample freezes or is stored somewhere that's too hot
- the stool sample isn't brought to the lab within 7 days after collecting it
- the stool sample touched the water or urine in the toilet bowl

How do I complete the test?

Please read all the instructions carefully **before** collecting your stool sample.

Don't collect a stool sample if you see blood in your stool or urine (period, bleeding hemorrhoids/piles, bleeding from a bladder infection).

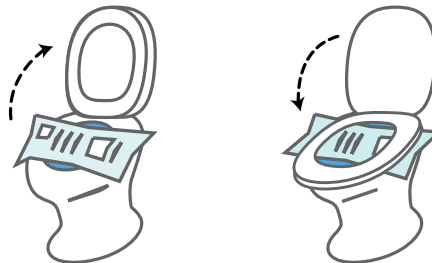


1. The FIT kit includes a stool collection bottle, a plastic re-sealable bag with a small absorbent pad inside, Alberta Colorectal Cancer Screening Program information and an instruction sheet.
2. Take the bottle out of the bag.
Then:
 - a) Label the bottle with your:
 - first and last name
 - PHN/ULI (Alberta Health Number)



OR

- b) If you were given a label, fill the required information and put the label on the bottle.
3. You must bring the lab requisition form with the bottle to the lab when you are done. You can keep any other papers.
 4. When you are ready to collect the stool sample, write the date and time on the bottle and the requisition form. Have a small garbage bag ready.
 5. To collect a stool sample:
 - a) Put plastic wrap or newspaper underneath the toilet seat, but hanging over the water in the toilet.



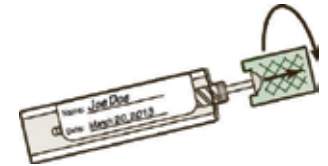
Don't let the stool sample touch the water.

OR

- b) Use a clean and dry disposable container (plastic bucket, paper plate).
6. Have a bowel movement and clean yourself. Dispose of the toilet paper in the garbage bag.



7. Open the cap of the bottle by twisting and lifting. There is liquid in the bottle to preserve the sample. Once the lid is open, keep the bottle upright.



8. Collect a stool sample by scraping the stick on the stool until only the grooved part of the stick is covered with a small amount of stool. If there is too much stool in the bottle you will have to repeat the test.

