

Step-by-step instructions for your Fecal Immunochemical Test (FIT)

Your FIT kit includes:

Keep out of reach of children and pets.



A
Bag

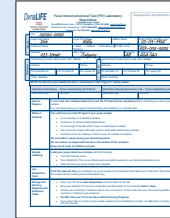


B
Collection
Container

Do **not** remove or tamper with the foil on the bottom.



C
Absorbent
Pad



D
Lab
Requisition



E
Screening
Programs
Introduction
Letter

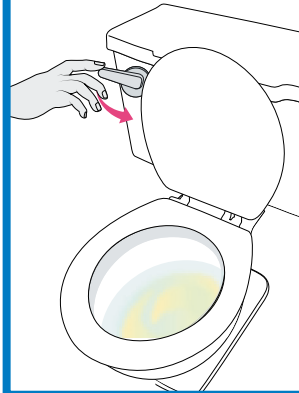
1 Read and check

D

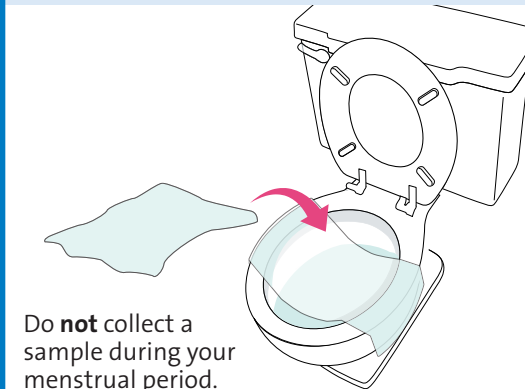
- ✓ Your name
- ✓ Your birth date
- ✓ Your address
- ✓ Your ULI or PHN
(This is the number found on your Alberta Healthcare card)

If your information is not correct call AHS Screening Programs toll-free at 1-866-727-3926.

2 Pee and flush



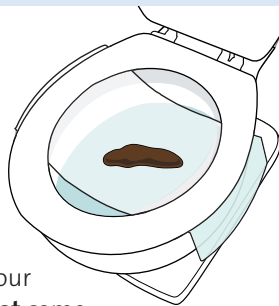
3 Get ready



Do **not** collect a sample during your menstrual period.

- Place plastic wrap or newspaper between the toilet seat and bowl along the back half of the toilet. You can also use an aluminum pie pan or clean dry plastic container to collect your poop sample.

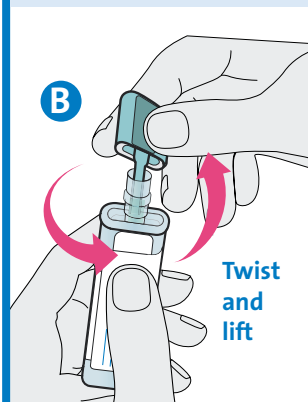
4 Poop



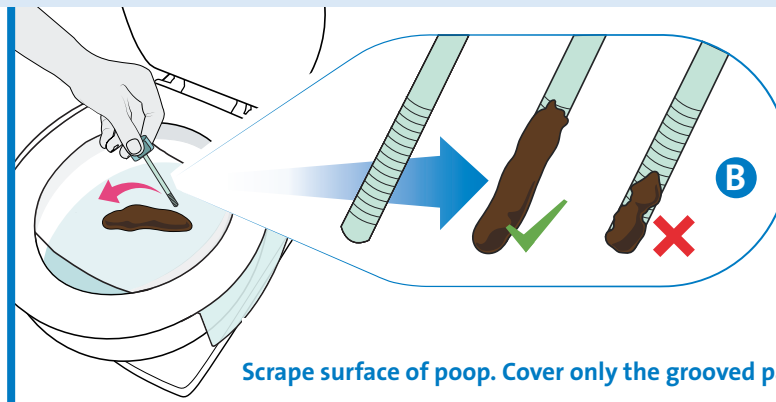
- Make sure your poop does **not** come into contact with pee or toilet water.

5 Collect

B

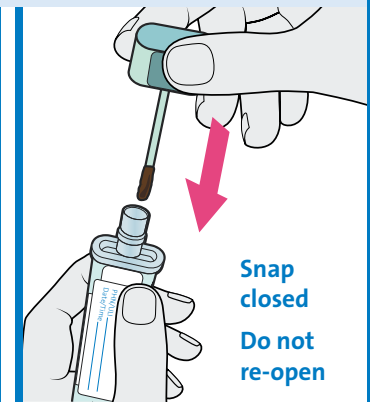


Twist and lift



Scrape surface of poop. Cover only the grooved part.

B



Snap closed
Do not re-open

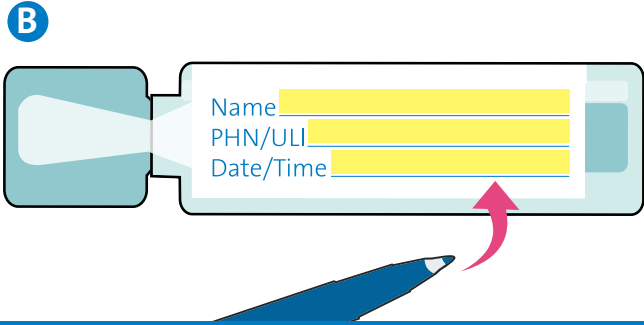
Instructions continue on back side of page.

FIT Instructions continued

6 Throw away garbage and flush poop

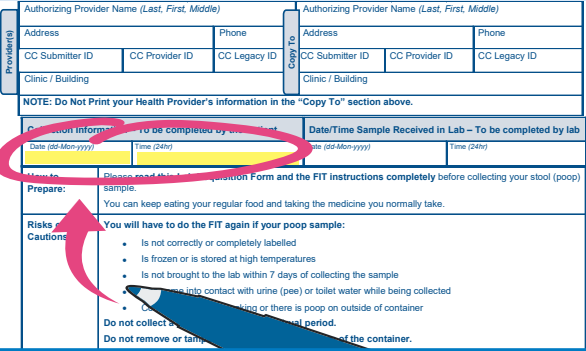


7 Fill in the label



- Your first and last name
- Your PHN/ULI (This is the number found on your Alberta Healthcare card)
- The date and time you collected your sample.

8 Fill in lab requisition

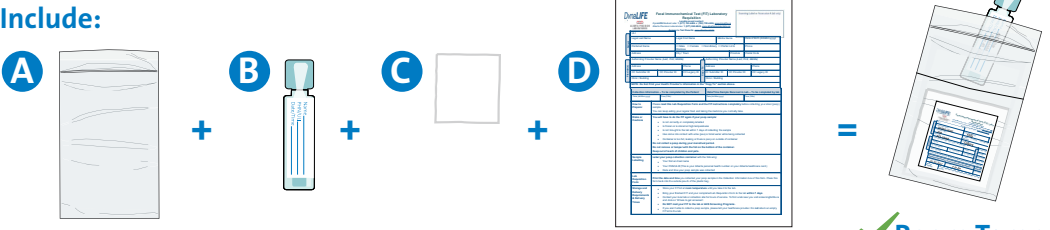


D

- Fill in the date and time you collected your sample.

9 Store

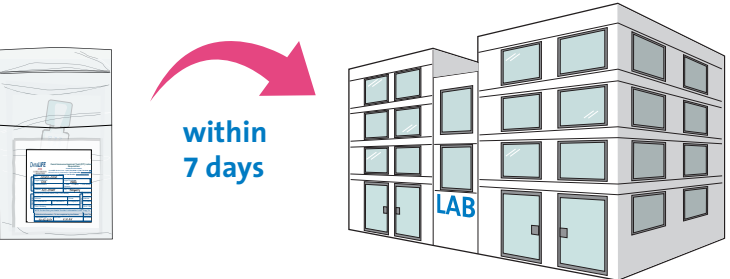
Include:



- Fold the lab requisition and place into the outside pouch of the bag.
- Put the container into the bag with the absorbent pad inside and seal the bag.

Room Temp

10 Take to lab



within 7 days

- Go **into** the lab to drop off your FIT and lab requisition.
- Do **not** leave your FIT at the lab door.
- Do **not** mail it to the lab or AHS Screening Programs.

Note: Please read important information about FIT drop off and lab locations on your Lab Requisition.

Questions?

Call AHS Screening Programs toll-free at 1-866-727-3926 OR Call HealthLink at 811

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Adapted with permission from Ontario Health (Cancer Care Ontario) and Eastern Health.