

MONTH DD, YEAR

FIRSTNAME M. LASTNAME

STREET NAME

CITY, ALBERTA T1T1Y1

DEAR FIRSTNAME LASTNAME:

Thank you for recently completing a Fecal Immunochemical Test (FIT) - a screening test for colorectal cancer. FIT checks your stool (poop) for traces of blood that you can't see.

Your FIT result is normal.

A normal result means **no blood** was found in your stool. Please talk to your healthcare provider if you have any questions about your test result.

If you're 50 to 74 years old, **get screened with FIT every year**. Regular screening is the best way to prevent and detect colorectal cancer at an early stage when treatment is most effective. In fact, about 90% of cases are treated successfully if found early.

When it's time to screen again there are 2 easy ways to get your free FIT! Choose what works best for you

- Talk to your doctor about colorectal cancer screening. They'll give you a lab requisition form. Take this form to the lab to pick up your FIT.
- Order online at screeningforlife.ca or call AHS Screening Programs toll-free at 1-866-727-3926. We'll mail you a FIT

If you need help finding a family doctor

- Visit [albertafindadoctor](http://albertafindadoctor.ca) call Health Link at 8-1-1 Visit cpsa.ca
- **FIT saves lives. Now that you know – pass it on!** Let your family and friends know about the life saving benefits of colorectal cancer screening!

If you have questions about this letter, or the Alberta Colorectal Cancer Screening Program, please call us toll-free at 1-866-727-3926.

Sincerely,

Dr. Huiming Yang
Medical Director, Screening Programs
Alberta Health Services

Nov 2021

Frequently Asked Questions

What causes an abnormal FIT result?

A FIT can only detect blood in the stool (poop). It can't identify the reason why there was blood in your stool. Blood in the stool can be there for many reasons and does **not** always mean you have cancer or pre-cancerous polyps. It can also be there because of hemorrhoids or other conditions. When blood is found in your stool, it's important to find out what may have caused it. In most cases, a colonoscopy test is recommended. You will need to get a referral from your family doctor for a colonoscopy test.

What is a colonoscopy?

A colonoscopy test allows the doctor to look at the inner lining of your rectum and colon (bowel) using a thin, flexible tube with a small video camera on the end of it. This test takes about 30 to 40 minutes. You can get medicine to make you comfortable during the colonoscopy. For more information about colonoscopy, visit screeningforlife.ca

Why is a follow-up colonoscopy recommended?

A colonoscopy test can help find the cause of blood in your stool. Having a follow-up colonoscopy can prevent colorectal cancer by helping your healthcare provider find and remove polyps (small abnormal growths) before they turn into cancer. When colorectal cancer is found early, it can be more successfully treated. About **90%** of cases are successfully treated if found early.

Getting a colonoscopy during COVID-19

Health and safety measures are in place to keep patients and staff safe and help prevent the spread of COVID-19. If you have questions or concerns about a colonoscopy appointment and the risk of COVID-19, please speak to your healthcare provider. For more information on how you can protect yourself and others from COVID-19 visit ahs.ca/covid

About the Alberta Colorectal Cancer Screening Program

Coordinated by AHS, the Alberta Colorectal Cancer Screening Program is a province-wide, organized screening program designed to encourage eligible Albertans to get screened. The program aims to reduce the number of colorectal cancer-related deaths in the province. To learn more visit screeningforlife.ca

Your privacy is protected

To learn about our privacy policies and practices, please visit screeningforlife.ca/about-us-2. If you prefer **not** to get letters from the program, please call 1-866-727-3926.

For general information about breast, cervical, or colorectal cancer screening, visit our website at screeningforlife.ca or call us toll free at 1-866-727-3926.

Version: FIT Abnormal Nov 2021

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