



Primary Care
Alberta



Alberta Health
Services

MONTH DD, YEAR

FIRSTNAME M. LASTNAME
STREET NAME
CITY, ALBERTA T1T1Y1

DEAR FIRSTNAME LASTNAME:

Thank you for 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 was 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 two easy ways to get your free FIT kit! Choose what works best for you.

- **Order online at screeningforlife.ca**, scan the QR code or call Primary Care Alberta Screening Programs toll-free at 1-866-727-3926. We'll mail you a FIT kit.
OR
- **Talk to your doctor about colorectal cancer screening.** They'll give you a lab requisition form. Take that form to the lab to pick up your FIT kit.



SCAN to order
your **free FIT!**

If you need help finding a family doctor

- Visit albertafindadoctor.ca
- Call Health Link at 811
- Visit cpsa.ca

Once you turn 75, the benefits of continuing to screen will depend on your personal health (how healthy you are overall). Talk to your doctor when you turn 75 to see if screening is still right for you.

Screening with 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

Version: Dec 2025

Don't take chances with colorectal cancer.

Screen with FIT every year.

Your family health history

Family history is one of the risk factors for colorectal cancer. If there are health changes such as polyps (abnormal growths in the colon or rectum) or colorectal cancer in a first degree relative (like a biological parent, sibling or child) please let your healthcare provider know. It may mean you're at higher risk and need a different type of screening test.

Never ignore symptoms

If you're having symptoms such as rectal bleeding, new pain in your abdomen (belly) that you aren't sure of the cause or hasn't been checked by a doctor, unexplained weight loss or a change in bowel habits (such as narrow or ribbon-like stools, diarrhea or constipation) talk to your healthcare provider right away because other testing may be needed. These symptoms may not be caused by cancer but speaking to your doctor can help you know for sure.

Can I see my FIT results online?

You can view your results online through your MyChart account. Sign up for MyChart by creating a verified Alberta.ca account and registering for MyHealth Records. MyChart allows you to view your personal health information, book appointments, access test results and communicate with your care team.

How to start a conversation about screening with a family member or friend

Screening can help save lives. But it can be hard to start a conversation with those you care about who may have put off screening. Here are some tips:

- **Be encouraging.** Remind them that you care and want them to be around for a long time.
- **Focus on the lifesaving benefits of screening.**
- **Break down barriers.** Tell them that FIT is **free** and can be done in the privacy of their own home. Some people avoid the doctor's office. Let them know they can **order a FIT kit online** at screeningforlife.ca.
- **Give them time.** Let them think about it and decide for themselves if screening is right for them. If they have questions, encourage them to talk to their healthcare provider or call us at 1-866-727-3926.

About the Alberta Colorectal Cancer Screening Program

The Alberta Colorectal Cancer Screening Program is a province-wide, organized screening program designed to encourage eligible Albertans to get screened and reduce the number of colorectal cancer-related deaths.

Your privacy is protected. To learn more about our privacy policies and practices please visit screeningforlife.ca/about-us-2/.

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.

