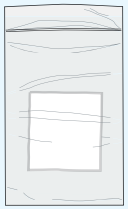
Step-by-step instructions for your fecal immunochemical test (FIT)

Please read through these instructions before collecting your stool (poop) sample.

Your FIT kit includes:



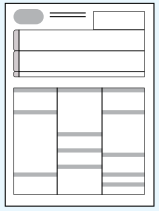
A Bag with absorbent pad

(Keep absorbent pad in the bag)

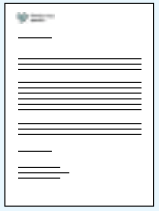


B Collection container

(Do **not** remove or tamper with the foil on the bottom)



C Lab requisition



D Screening Programs introduction letter

Tips to get your FIT done

- Keep the kit visible so you don't forget. Near the toilet is a great spot.
- Plan when you'll complete your test. Set a reminder on your phone or calendar.

How to do a FIT

Scan the QR code or visit [insert url] to watch a short video on how to do a test at home.

Questions?

Call Screening Programs toll-free **1-866-727-3926** or call Health Link at **811**.

Important

- Keep out of reach of children and pets.
- Do **not** collect a sample during your menstrual period.
- Bring the completed FIT and your lab requisition to the lab **within 7 days** of collecting the sample.

Need some screening motivation?

Longtime journalist and news anchor, Jocelyn Laidlaw speaks openly about her diagnosis of colorectal cancer hoping to encourage others to get screened.

"I would urge all Albertans to take their routine screenings seriously. Do the FIT at home. It's easy. Life is too precious to be worried about a bit of embarassment. Nobody wants to talk about pooping... but the truth is, not talking about those things nearly killed me."

– Jocelyn Laidlaw

To hear Jocelyn's story, scan the QR code or visit [insert url].

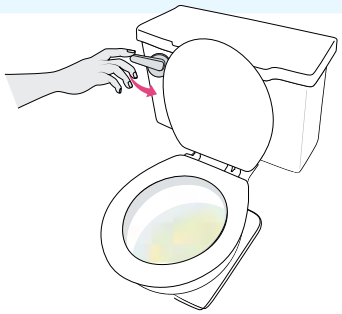
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Step-by-step instructions for your FIT

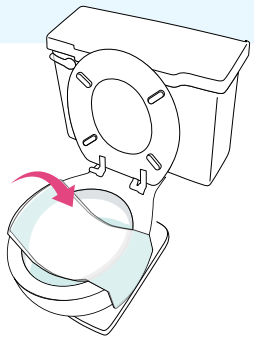
Please read through these instructions before collecting your sample.

1 Pee and flush



2 Get ready

- Place plastic wrap across the back half of the toilet bowl under the toilet seat. This will catch your poop and can be thrown in the garbage after you collect your sample.
- If you prefer, you can also use a clean disposable container to catch your poop.

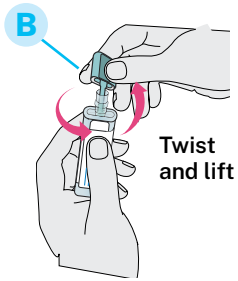


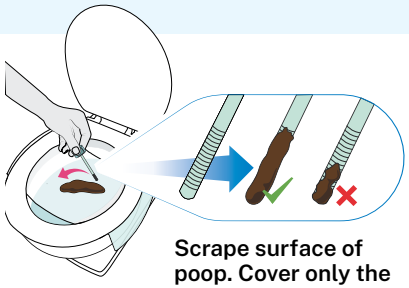
3 Poop

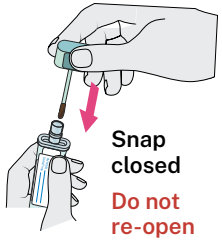
Make sure your poop does **not** come into contact with pee or toilet water.



4 Collect

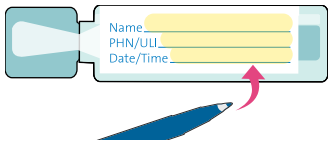






5 Fill in the label

Write carefully on the label – the ink can smudge. Let it dry before you touch or handle it.

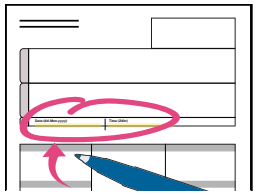


Include:

- 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

6 Fill in lab requisition

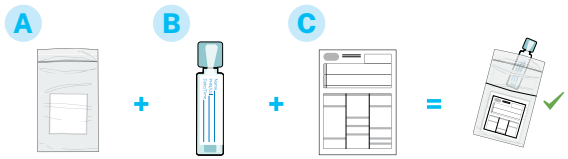
Fill in the date and time you collected your sample



7 Store

- Fold the lab requisition and place into the outside pouch of the bag.
- Place the container into the bag with the absorbent pad, then seal it. The pad will absorb any leaks.

Include:



8 Take to lab



- You do not need an appointment to go in and drop off your FIT at the lab.
- Do not mail it to the lab or Screening Programs.
- To find a lab near you visit albertaprecisionlabs.ca or call 1-877-702-4486.

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