

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 was abnormal.

An abnormal result means blood was found in your stool sample. While most people with an abnormal result do **not** have cancer, **more testing is needed** to determine the cause of the bleeding. Most often the recommended follow-up test is a colonoscopy. If you've already discussed your abnormal FIT result with your healthcare provider or had a follow-up test please ignore this letter.

### What should I do next?

1. Book an appointment with your family doctor or regular healthcare provider as soon as possible to discuss your abnormal results.
2. Bring this FIT result letter with you to your appointment.
3. Talk with **your healthcare provider** about whether a **colonoscopy** is right for you. To learn more about colonoscopy, please see the back side of this letter or visit [screeningforlife.ca](http://screeningforlife.ca)

### What if I don't have a family doctor?

- **Find a family doctor accepting new patients** in your area and make an appointment. **Visit [ahs.ca](http://ahs.ca)** and click on 'Find Healthcare' **or call Health Link at 8-1-1.**
- **Make an appointment at a Walk-In-Clinic.** Some communities have walk-in-clinics that don't require an appointment. Walk-in clinics are staffed by family doctors. To find a walk-in-clinic near you consult your Yellow Pages directory at [yp.ca](http://yp.ca) or call **Health Link at 8-1-1.**

If you have questions or **need further assistance**, please call the **Alberta Colorectal Cancer Screening Program 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.

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## 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](http://screeningforlife.ca)

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## 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.

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## 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](http://ahs.ca/covid)

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## 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](http://screeningforlife.ca)

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## Your privacy is protected

To learn about our privacy policies and practices, please visit [screeningforlife.ca/about-us-2](http://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](http://screeningforlife.ca) or call us toll free at 1-866-727-3926.

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