



Your FIT Kit

You got this fecal immunochemical test (FIT) kit because **it is time to get checked for colon (bowel) cancer.**

The FIT is a safe and painless test that checks your stool (poop) for tiny drops of blood that can sometimes be caused by colon cancer. You can do this test at home, a nursing station or a health centre, and it only takes a few minutes.



Please try to do your test in the next 2 weeks or as soon as possible. Once you do your test, try to return it within 2 days or as soon as possible so it does not spoil.



Tip: Putting the FIT kit near the toilet can help you remember to do your test.

Do not delay. Do your FIT today.

Why do the FIT

After age 45, your risk of getting colon cancer goes up. Without getting checked, you could have colon cancer and not know it. The FIT can help find colon cancer early, when treatment has a better chance of working.

How to get your FIT result

The person who gave you the FIT kit will contact you with your test result. Ontario Health (Cancer Care Ontario) will send you a letter with your test result a few weeks after you return your completed test.

How to get help with the FIT

Contact the person who gave you the FIT kit or call In-Common Laboratories at 1-833-FIT-POOP (1-833-348-7667) from Monday to Sunday, 7 a.m. to 7 p.m.

How to get FIT instructions in other languages

Visit ontariohealth.ca/fitkoh or call Ontario Health (Cancer Care Ontario) at 1-866-662-9233 from Monday to Friday, 8:30 a.m. to 5 p.m.