



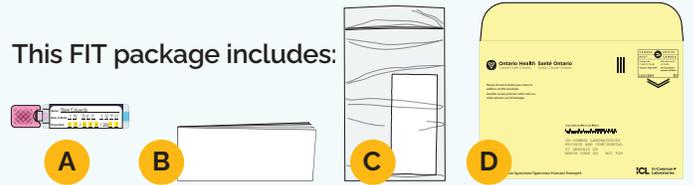
Ontario Health
Cancer Care Ontario

Please read this first:

- These fecal immunochemical test (FIT) instructions should not be used before July 1, 2026. Ontario Health (Cancer Care Ontario) is switching FIT device vendors, so the FIT instructions are changing.
- Also, these FIT instructions are specifically for kits distributed through the ColonCancerCheck kits-on-hand model, which is only available in certain communities and settings in Ontario.
- To access the current FIT instructions, visit ontariohealth.ca/fitinstructions.

FIT Instructions

This FIT package includes:



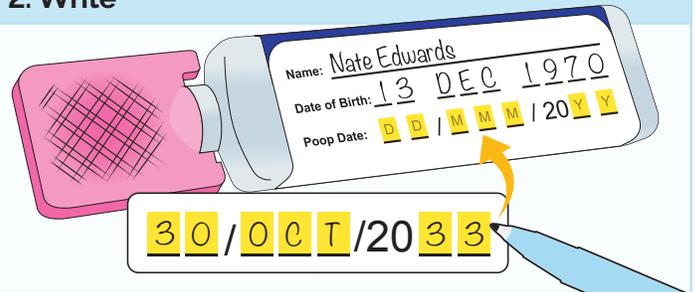
1. Check



✓ Your name ✓ Date of birth

Missing name or date of birth? Write it in. **Wrong information?** Tell the person who gave you the kit.

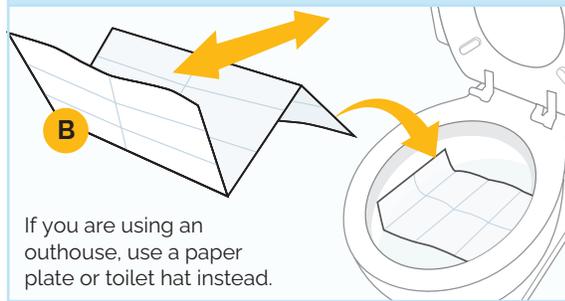
2. Write



3. Pee and flush



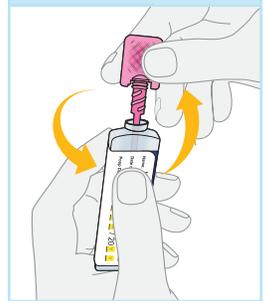
4. Prepare



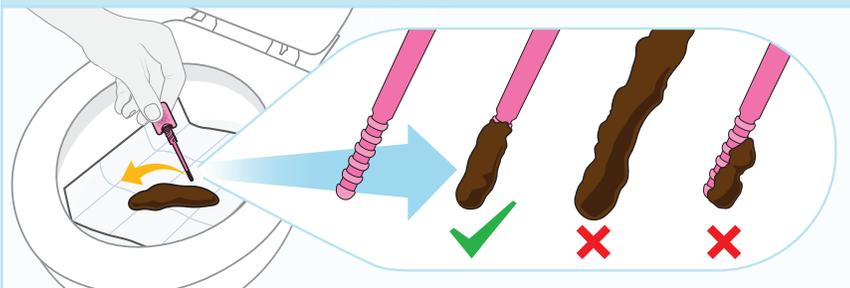
5. Poop



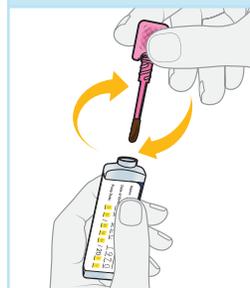
6. Twist to open



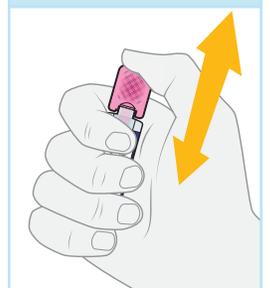
7. Drag the stick across the poop



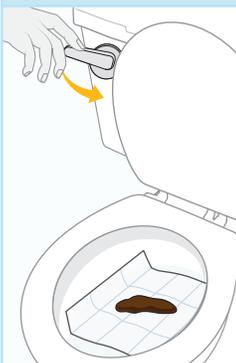
8. Twist to close



9. Shake tube



10. Flush



11. Drop off or mail

Return within **2 DAYS**

CANADA POST **POSTES CANADA**

OR

If you picked up your FIT kit from a nursing station or health centre, follow their return instructions.

OR

Rexall

For more information, visit iclabs.ca/FIT/locations

Need this information in an accessible format ou en Français?
1-877-280-8538 | TTY 1-800-855-0511 | info@ontariohealth.ca

