

Now is the time to get checked for colon cancer.

The fecal immunochemical test (FIT) is a safe, painless at-home test to check for colon cancer. Talk to your family doctor or nurse practitioner about getting checked.



If you are ages 50 to 74,
talk to your family doctor
or nurse practitioner about
getting checked for colon
cancer with the FIT.

FIT is a free at-home test for eligible Ontarians

- FIT is safe and painless
- Only takes a few minutes to do
- You only need one stool (poop) sample
- You can eat and take medications as usual
- The test can be mailed to your address of choice



Learn more about getting checked for colon cancer:
cancercareontario.ca/colorectal

If you do not have a family doctor or nurse practitioner, you can get your free ColonCancerCheck FIT kit from Health Connect Ontario by calling 811 (TTY:1-866-797-0007).

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca

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Ontario Health
Cancer Care Ontario