

Your next bathroom break could change your life

The fecal immunochemical test (FIT) is a safe, painless at-home colon cancer test. Ask your family doctor or nurse practitioner about it.



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

If you do not have a family doctor
or nurse practitioner, call Health811
(TTY: 1-866-797-0007) to get your free
ColonCancerCheck FIT kit.

FIT is a free at-home test for eligible Ontarians

- Safe and painless
- Only takes a few minutes
- Only one stool (poop) sample needed
- Eat and take medications as usual
- Mailed to your preferred address



To learn more, visit
ontariohealth.ca/colorectal



Ontario Health
Cancer Care Ontario

Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca.
Document disponible en français en contactant info@ontariohealth.ca. CQP-183613