



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



To learn more, visit
ontariohealth.ca/colorectal



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