**FIT**

**1. The Exam**
- Date of birth: [30/01/2024]
- Ensure your name and date of birth are on the FIT tube. If they are not on the tube or if they are wrong, call 1-833-676-1426.

**2. Toilet**
- Collect your stool on the 2nd day of the month.

**3. Packing**
- Pack your feces in the labeled bag.

**4. Sealing**
- Close the bag securely.

**5. Pasting**
- Attach the seal to the test tube.

**6. Mailing**
- Mail your completed test as soon as possible. It is best to mail it or drop it off within 2 days.

Visit locations.lifelabs.com for drop-off locations and hours. If you live on a First Nation reserve, contact your health centre or nursing station to find drop-off locations.

**7. Mail Drop-off**
- Place the completed test and its materials in the sealed envelope.

**8. Do not inclute your name or address on the envelope.**

**Exempt Human Specimen / Spécimen Humain Exempté**

**Ontario**

Cancer Care Ontario

**ARABIC**

هل تحتاج إلى معلومات بشأن التسويق لأصحاب الاحتياجات الخاصة؟

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(LONG-TERM CARE) (Ministry of Health) (CENTER FOR HEALTH RESEARCH) (KAISER PERMANENTE)

Health Outcomes Policy & Economics (HSPE)