Check that 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.

Write the date you collected your stool (poop) on the FIT tube.

Before you close this envelope, remember to:

1. Check that 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. Write the date you collected your stool (poop) on the FIT tube.
3. Return your completed test as soon as possible. It is best to mail it or drop it off within 2 days.
4. 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 out drop off locations.

Your poop collection date:

Date of birth:

1-833-676-1426

info@ontariohealth.ca