1. Take the test:

- Make sure 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:

- Return 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 out drop-off locations.

2. Seal:

- Close the envelope securely.

3. Mail:

- Use the postage-paid envelope provided.

- Mail the envelope using Canada Post, postmarked before 5:00 PM on the last day of the 2-day period. If you live in a remote area, use the postal service designated for your area.

Your poop collection date:


Date of birth:


15/NOV/1963

FYI:

This FIT package includes:

- A FIT tube
- A postage-paid envelope
- Instructions for completing the test

Exempt Human Specimen/Spécimen Humain Exempté

This test is approved by the Ontario Ministry of Health and has received funding from the Canadian Institutes of Health Research (CIHR) and the Ontario Institute for Cancer Research (OICR). The test is also supported by the Ontario Health (Cancer Care Ontario) and the Ontario Ministry of Health.

For more information, visit locations.lifelabs.com or call 1-833-676-1426.