1. Torn
   
   ![Image of FIT tube with name and date]

   ✔️ Name exists ✔️ Date exists
   
   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
   
   ![Image of date written on FIT tube]

   Your poop collection date: D D M M M Y Y Y Y
   
   Write the date you collected your stool (poop) on the FIT tube.

3. Fold
   
   ![Image of FIT tube folded]

4. Open
   
   ![Image of FIT tube being opened]

5. Fill
   
   ![Image of stool being filled into FIT tube]

6. Fold again
   
   ![Image of FIT tube folded again]

7. Drop
   
   ![Image of FIT tube being dropped into envelope]

8. Mailed
   
   ![Image of envelope being mailed]

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.

Your poop collection date: D D M M M Y Y Y Y

Date of birth: 15/NOV/1963

Before you close this envelope, remember to:

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

1-855-460-2647       TTY (416) 217-1815        publicaairs@cancercare.on.ca