FIT Instructions

1. Check

☐ Date of birth
☐ Your name

Is this your information? If not, call LifeLabs at 1-833-676-1426

2. Write

Your poop collection date:

30/OCT/2024

3. Pee and Flush

4. Prepare

5. Poop

6. Collect

7. Flush

8. Drop off or Mail

BEST WITHIN 2 DAYS

OR

locations.lifelabs.com

If you live on a First Nation reserve, contact your health centre or nursing station to discuss drop off options

Need this information in an accessible format?

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

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ENGLISH
Text Version ofFIT Instructions

This FIT kit has 4 things:

• 1 FIT tube
• 1 folded stool (poop) collection paper
• 1 plastic bag with absorbent material
• 1 pre-paid yellow return envelope

Step 1: Check

• Check your date of birth and your name on the thin side of the FIT tube
• If your date of birth or name is wrong, call LifeLabs at 1-833-676-1426

Step 2: Write

• Using a pen, write the date you collect your poop on the FIT tube – write it in the space next to the bar code under “Your poop collection date:”
  o Write the day using numbers
  o Write the month using the first 3 letters of the month
  o After the “20,” write the last 2 numbers of the year
• Example: 30/OCT/2024

Step 3: Pee and Flush

• If you have to pee – go pee and flush the toilet before you poop

Step 4: Prepare

• Unfold the poop collection paper and put it inside the toilet bowl – the collection paper should float on top of the water

Step 5: Poop

• Sit on the toilet and poop on the collection paper

Step 6: Collect

• Open the FIT tube by twisting and lifting the cap
• Scrape the grooves at the end of the stick along your poop – you may need to repeat this until the grooves are covered
• Put the stick with your poop back into the FIT tube
• Snap the FIT tube closed

Step 7: Flush

• Flush your poop and the poop collection paper

Step 8: Drop off or Mail

• Prepare to return your test
  o Put your FIT tube into the plastic bag with absorbent material – leave the absorbent material in the plastic bag and seal the bag
  o Put the plastic bag into the pre-paid yellow return envelope
  o Seal the envelope
• How to return your test
  o It is best to mail or drop off your FIT within 2 days of doing it
  o Return your FIT by regular mail or drop it off at a LifeLabs Patient Service Centre – visit locations.lifelabs.com to find out where these centres are located
  o If you live on a First Nation reserve, contact your health centre or nursing station to discuss drop off options