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/2026

3. Pee and Flush
4. Prepare
5. Poop

6. Collect

7. Flush
8. Drop off or Mail

BEST WITHIN
2 DAYS

Need this information in an accessible format?
1-877-280-8538 | TTY 1-800-855-0511 | info@ontariohealth.ca

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