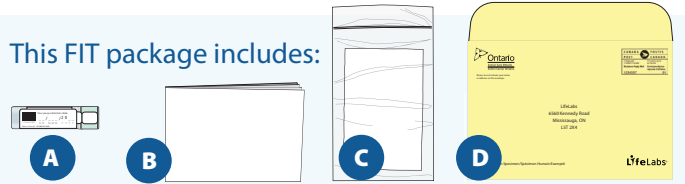
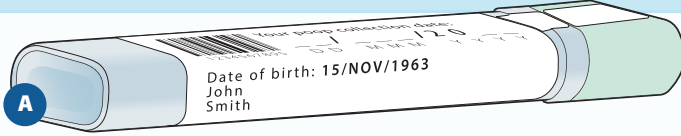


# FIT Instructions

This FIT package includes:



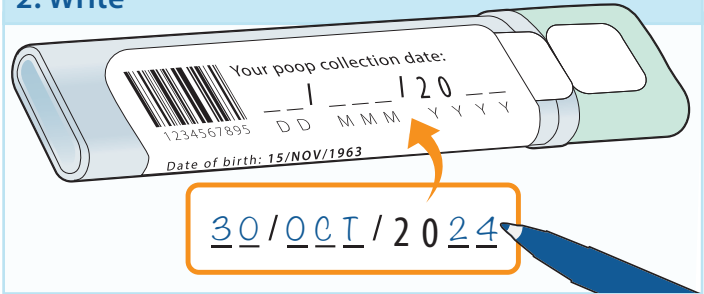
## 1. Check



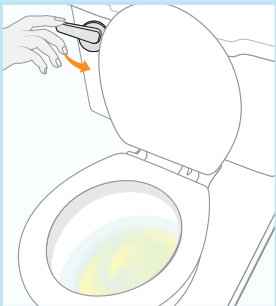
✓ **Date of birth**      ✓ **Your name**

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

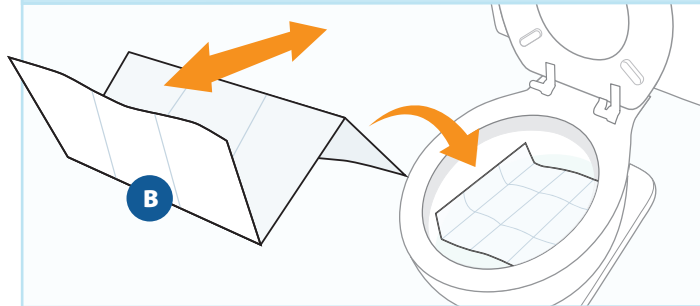
## 2. Write



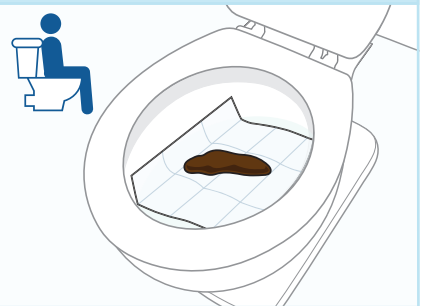
## 3. Pee and Flush



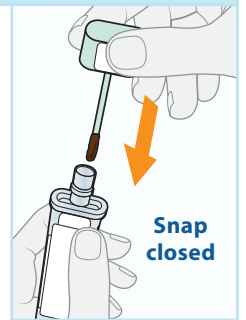
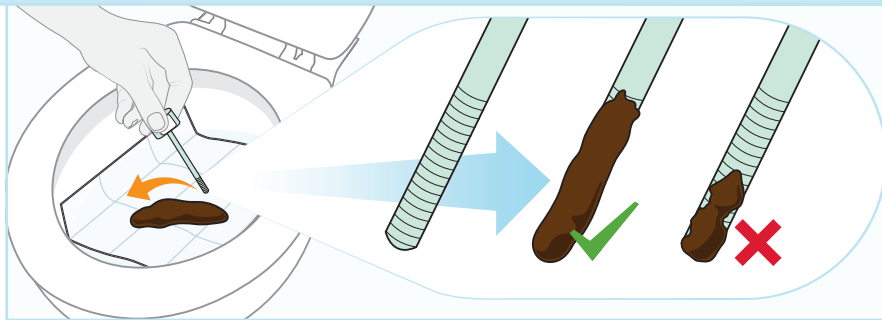
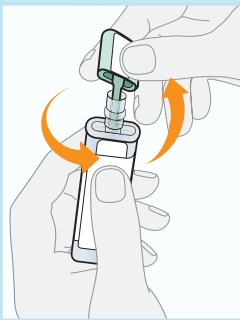
## 4. Prepare



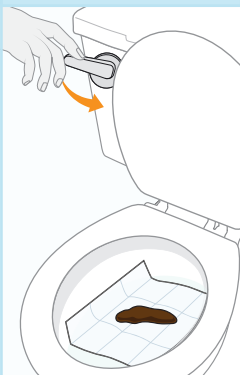
## 5. Poop



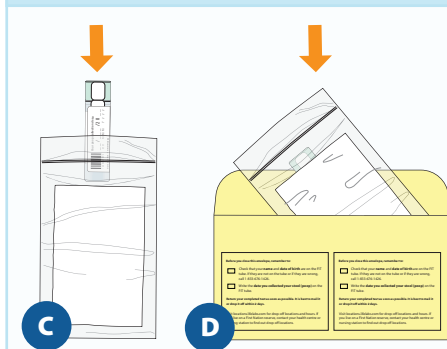
## 6. Collect



## 7. Flush



## 8. Drop off or Mail



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](mailto:publicaffairs@cancercare.on.ca)

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## Text Version of FIT 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:”
  - Write the day using numbers
  - Write the month using the first 3 letters of the month
  - 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
  - Put your FIT tube into the plastic bag with absorbent material – leave the absorbent material in the plastic bag and seal the bag
  - Put the plastic bag into the pre-paid yellow return envelope
  - Seal the envelope
- How to return your test
  - It is best to mail or drop off your FIT within 2 days of doing it
  - Return your FIT by regular mail or drop it off at a LifeLabs Patient Service Centre – visit [locations.lifelabs.com](https://locations.lifelabs.com) to find out where these centres are located
  - If you live on a First Nation reserve, contact your health centre or nursing station to discuss drop off options