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
   - Snap closed

6. Collect

7. Flush

8. Drop off or Mail
   - BEST WITHIN 2 DAYS
   - 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?
1-877-280-8538 | TTY 1-800-855-0511 | info@ontariohealth.ca

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