



Your FIT Package is Here

You are getting this fecal immunochemical test (FIT) package because **it is time for you to get checked for colon (bowel) cancer.** Your family doctor, nurse practitioner, a mobile coach or Health811 may have ordered this test for you. If you live on a First Nation reserve, it may have been ordered for you by a health centre or nursing station.

Your risk of colon cancer goes up after age 50. **It is important to do the FIT to help protect your health.**

The **FIT is a safe and painless test** that checks your stool (poop) for tiny drops of blood, which can be caused by colon cancer. You can do this test at home and it only takes a few minutes. You do not have to change your diet or stop taking medication to do the test.

Before you do the test, make sure your FIT package has everything you need:

- FIT tube
- FIT instructions
- Privacy notice
- Stool collection paper
- Plastic bag with absorbent material
- Return envelope

Return your completed test as soon as possible. It is best to mail it or drop it off within 2 days so that it can be tested at the lab within 14 days. Visit **locations.lifelabs.com** for drop-off locations and hours.

After you mail or drop off your test, you can expect to get your result letter in the next few weeks.

Your health matters. **Do your FIT today.**

For more information or instructions in other languages, call Ontario Health (Cancer Care Ontario) (**1-866-662-9233**) or visit **cancercareontario.ca/colon**. If there are problems with your FIT, call LifeLabs (**1-833-676-1426**).