



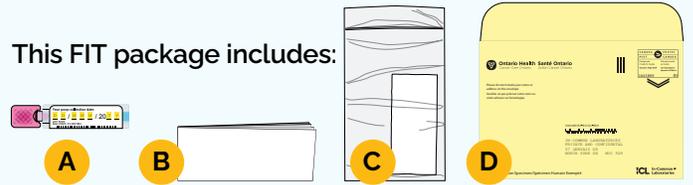
Ontario Health
Cancer Care Ontario

Important note:

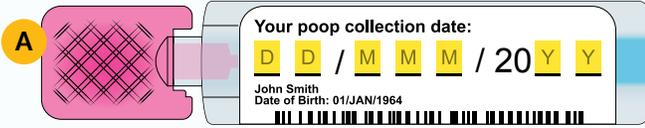
- These fecal immunochemical test (FIT) instructions are not intended for use before July 1, 2026. Ontario Health (Cancer Care Ontario) is switching FIT device vendors so the FIT instructions are changing.
- The FIT instructions in this document are for information purposes only so primary care providers can familiarize themselves with the new FIT device and instructions.
- Continue to visit ontariohealth.ca/fitinstructions to access the current FIT instructions.

FIT Instructions

This FIT package includes:



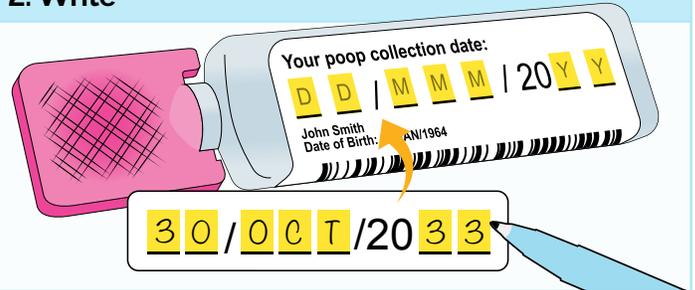
1. Check



✓ Your name ✓ Date of birth

Is this your information? If not, call In-Common Laboratories at 1-833-FIT-POOP (1-833-348-7667)

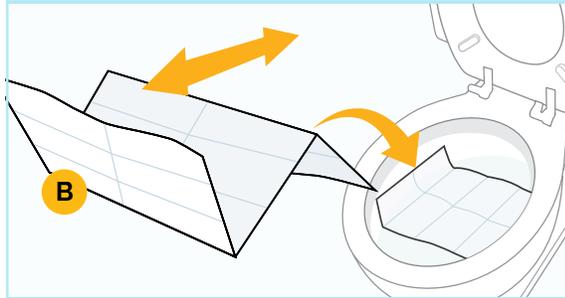
2. Write



3. Pee and flush



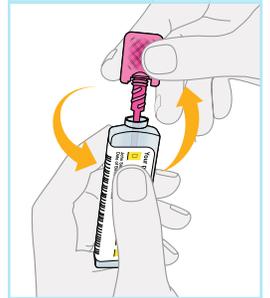
4. Prepare



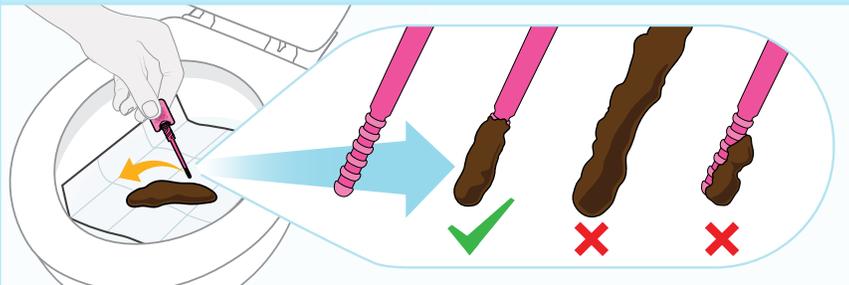
5. Poop



6. Twist to open



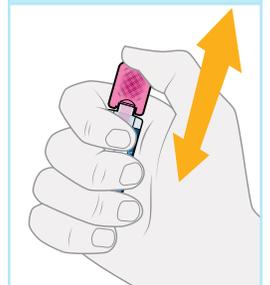
7. Drag the stick across the poop



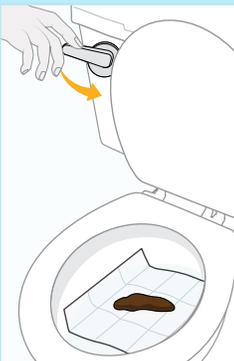
8. Twist to close



9. Shake tube



10. Flush



11. Drop off or mail

Return within **2 DAYS**

CANADA POST / POSTES CANADA

OR

Rexall

For more information, visit iclabs.ca/FIT/locations

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

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