

ColonCancerCheck

June 24, 2019

JANE SAMPLE
123 ANY STREET
ANY CITY, ON M1M 1M1

PLEASE DO YOUR TEST AGAIN

Dear JANE SAMPLE:

I recently sent you a letter to let you know that we could not get a result from your fecal occult blood test (FOBT). **I am contacting you to remind you to do a new test.**

However, instead of doing another FOBT, we would like you to do a different and easier test for colon (bowel) cancer called the fecal immunochemical test (FIT). The FIT is easier than the FOBT because you only need to take one sample of stool (poop) and do not need to change what you eat.

It is very important that you do the FIT. If you have colon cancer and do not get tested, you may miss out on the chance for early and more effective treatment. If colon cancer is caught early, 9 out of every 10 people with the disease can be cured.

Please contact your family doctor or nurse practitioner **within the next few weeks** to get a FIT kit sent to you in the mail.

After you do the FIT, try to return it as soon as possible. It is best to mail it or drop it off within 2 days so it can be tested at the lab within 14 days.

If you have already done another FOBT or FIT, please ignore this letter.

Sincerely,



Dr. Linda Rabeneck
Vice-President, Prevention and Cancer Control
Cancer Care Ontario

GET THE FACTS. GET CHECKED.

- Without getting checked, you could have colon cancer and not know it.
- Regular testing with the FIT is a good way to find colon cancer early.
- If you are age 50 or older, you should do the FIT every 2 years.
- You should get checked for colon cancer even if no one in your family has had the disease.
- If your parent, brother, sister or child has had colon cancer, you should speak to your family doctor or nurse practitioner because you may need a different test called a colonoscopy.

HOW TO GET CHECKED WITH THE FIT

- 1) Contact your family doctor or nurse practitioner* to ask for a FIT **within the next few weeks.**
- 2) You will get your free FIT in the mail.
- 3) Complete your FIT. The test comes with simple instructions.
- 4) Return your completed FIT by following the instructions. Expect test results in the next few weeks.

*If you no longer have a family doctor or nurse practitioner, you can get your free FIT from Telehealth Ontario by calling 1.866.797.0000; TTY: 1.866.797.0007.

HOW TO LEARN MORE

Visit:

ontario.ca/coloncancercheck or cancercareontario.ca/screeningletters

Your privacy matters: Visit cancercareontario.ca/screeningphi

Call toll-free:

1.866.662.9233 from Monday to Friday (8:30 a.m. to 5 p.m.)

Email:

screenforlife@cancercare.on.ca

To stop getting cancer screening letters, fill out the form at cancercareontario.ca/screeningletters or call 1.866.662.9233 to get a form. You may change your mind at any time.