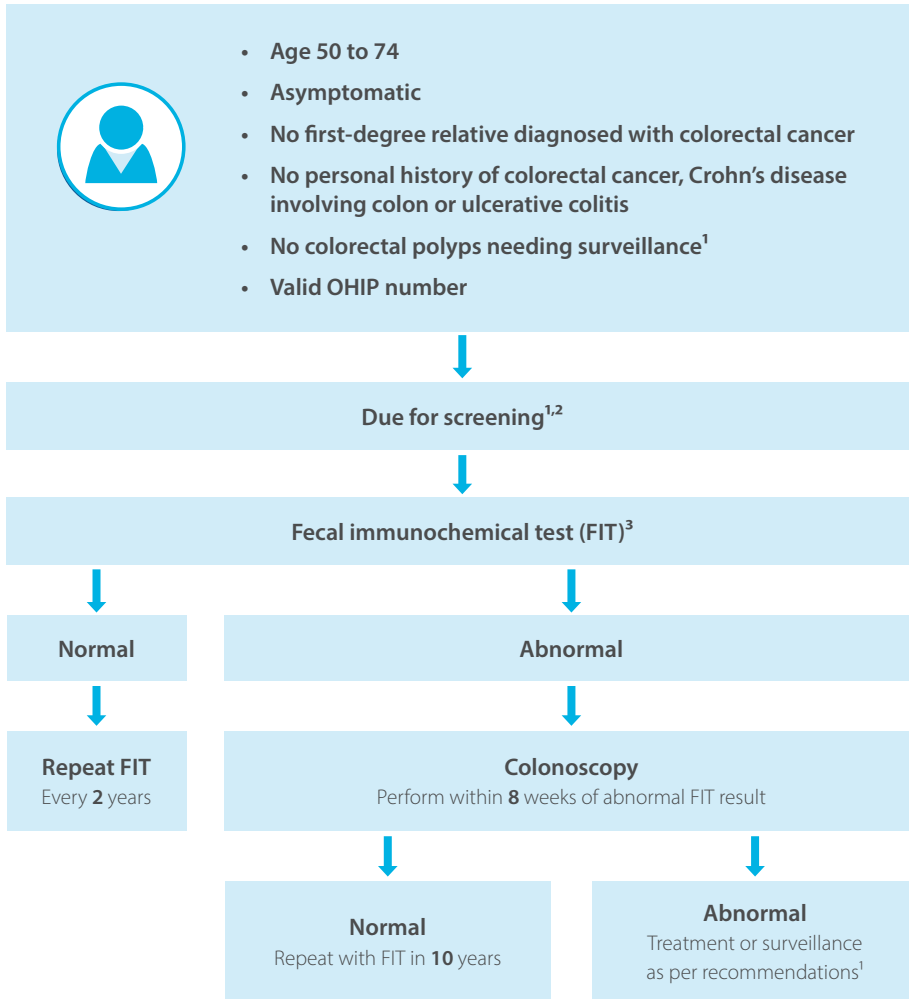


### Average risk



**Footnotes:**

1. Recommendations for post-polypectomy surveillance: [cancercareontario.ca/CCCSurveillance](http://cancercareontario.ca/CCCSurveillance)
2. No flexible sigmoidoscopy or colonoscopy in the past 10 years, and no FIT in the past 2 years  
Recommendations for patients who had 1 or more low risk adenomas 5 or 10 years ago: [cancercareontario.ca/CCCSurveillance](http://cancercareontario.ca/CCCSurveillance)
3. Flexible sigmoidoscopy every 10 years is also an acceptable screening test

### Not at average risk

**Is your patient at increased risk?**

- One or more first-degree relatives with colorectal cancer:
  - Colonoscopy – start at age 50, or 10 years earlier than the age their relative was diagnosed, whichever occurs first
  - Take a complete history of cancers in the family – if a hereditary cancer syndrome is suspected, refer for genetic assessment

**Does your patient have symptoms (e.g., rectal bleeding) or anemia?**

- Refer to specialist for evaluation
- Do not use FIT for symptomatic patients

### Tests not recommended for colorectal cancer screening

**For patients at average risk:**

- Colonoscopy

**For all patients:**

- Metabolomic (blood or urine) tests
- DNA (blood or stool) tests
- Computed tomography colonography
- Capsule colonoscopy
- Double contrast barium enema
- Guaiac fecal occult blood test (now replaced by FIT)

### More clinical information and resources

**Visit:** [cancercareontario.ca/en/pcscreeningprograms](http://cancercareontario.ca/en/pcscreeningprograms)

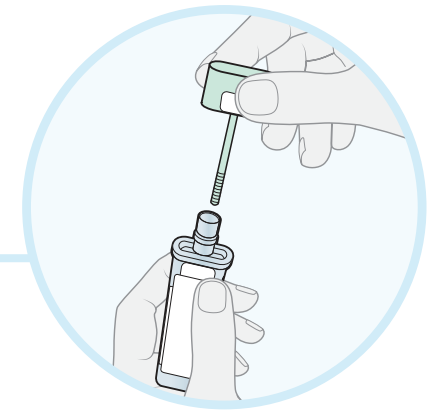
**Email:** [cancerinfo@ontariohealth.ca](mailto:cancerinfo@ontariohealth.ca)

**Call:** 1-866-662-9233

# About FIT

FIT is an at-home stool-based screening test for people at average risk of colorectal cancer

**Safe • Sensitive • No dietary or medication restrictions • One sample • Easy to use • Pre-labelled**



## How to screen with FIT



### Steps for primary care providers:

1. Confirm mailing address for FIT kit, patient address and date of birth
2. Explain to patient how to do the FIT
3. Submit completed FIT requisition to LifeLabs (e.g., faxing 1-833-676-1427 or by electronic medical records)



**LifeLabs:** Mail pre-labelled FIT kit to patient



### Steps for patients:

1. Check label accuracy and clearly record specimen ("poop") collection date on FIT tube (DD/MMM/YYYY)
2. Collect stool specimen
3. Mail or drop off FIT to LifeLabs **as soon as possible**, ideally within 2 days of specimen collection, to ensure it arrives at the lab within 14 days



**LifeLabs:** Send FIT result to primary care provider



**Ontario Health (Cancer Care Ontario):** Mail FIT result letter to patient



### Follow-up by primary care providers:

- **Normal FIT result:** Repeat FIT in 2 years
- **Abnormal FIT result:** Refer for follow-up colonoscopy to be performed within 8 weeks

## Make sure patients get their FIT

- To prevent mailing errors and delays, double check patient address information, such as unit number and postal code
- Providers can indicate on the FIT requisition whether the FIT kit should be mailed to an alternate address, which may differ from the patient's primary mailing address (e.g., health centre or nursing station for patients who live on a First Nation reserve, or a community health centre for home insecure patients)

## FIT drop-off options for patients

- Patients can drop off their FIT at any LifeLabs Patient Service Centre during business hours – for locations and hours, visit [locations.LifeLabs.com](https://www.lifelabs.com/locations)
- Patients who live on a First Nation reserve can contact their health centre or nursing station to discuss drop-off options.

## FIT resources

- Information and resources, including the FIT requisition, FIT instructions for patients in several languages, and resources for First Nations, Inuit, Métis and urban Indigenous people: [cancercareontario.ca/FITHub](https://cancercareontario.ca/FITHub)
- OHIP billing code updates: [health.gov.on.ca/en/pro/programs/ohip/sob/](https://health.gov.on.ca/en/pro/programs/ohip/sob/)
- LifeLabs: call 1-833-676-1426