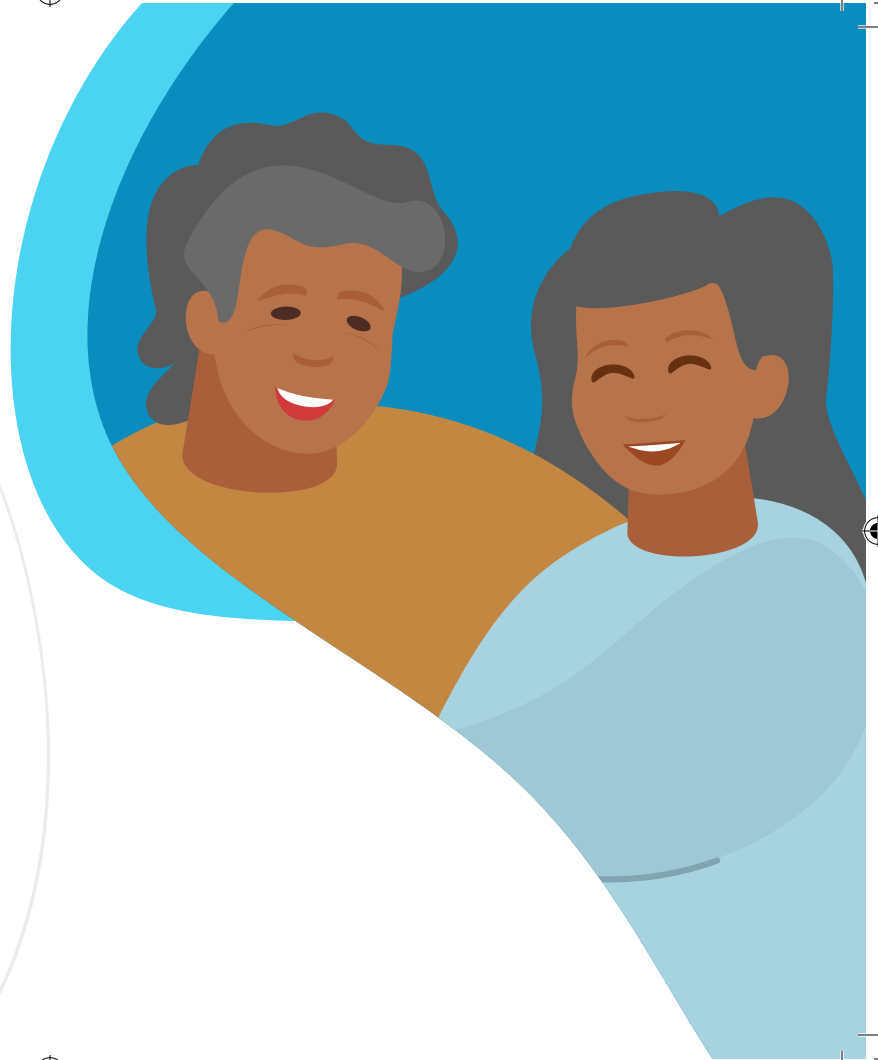
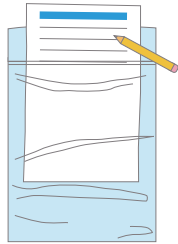


# How to use the FIT

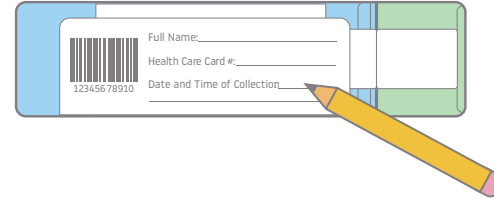


## 1 Label the Lab Requisition.



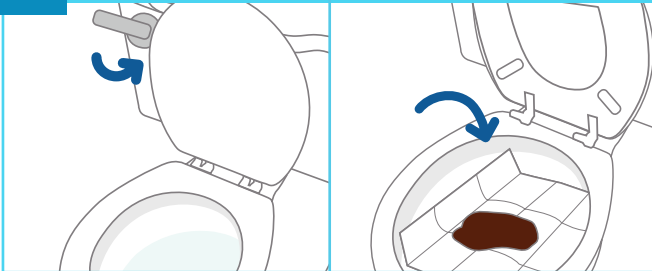
Name, Healthcare Number, and Date and Time of collection.

## 2 Label your collection container.



Name, Healthcare Number, and Date and Time of collection.

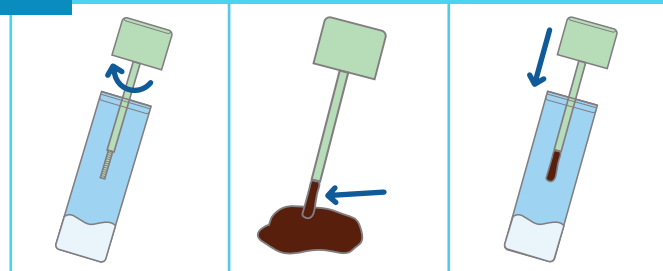
## 3 Prepare to collect stool (poop) sample.



Pee first and flush toilet.

Lift toilet seat and place plastic wrap over toilet. Have a bowel movement (poop).

## 4 Collect your stool (poop).



Twist and lift off lid collection. Collection container is pre-filled with liquid. **DO NOT remove or spill.**

Poke poop sample. Collect sample by poking stick in poop to cover the ridges on the stick.

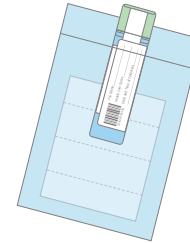
Snap lid to close.

## 5 Wash your hands.



Wash your hands with soap and warm water.

## 6 Package the sample.



Place sample container in plastic bag.

Return the sealed bag to your local Health Centre or Laboratory.

## IMPORTANT!

**You will have to do the FIT again if your sample (stool):**

- Isn't correctly or completely labeled
- Is frozen or stored at high temperatures
- Isn't brought to the laboratory within 7 days of collecting the sample
- Has come into contact with urine or toilet water while it was being collected
- Container is too full, leaking, or there is stool on outside of container

**DO NOT collect a stool sample 3 days before, during or after your menstrual period. Or, if you have:**

- Bleeding hemorrhoids
- Blood in urine
- Open cuts on your hands or
- Had to force your bowel movement

**DO NOT remove or tamper with the foil on the bottom of the container.**

For more information, contact your health care provider or visit: [cancerwt.ca](http://cancerwt.ca)

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