

How to use the FIT

HOW TO PREPARE

- Your FIT collection kit includes: a plastic re-sealable bag with a stool collection container, an absorbent pad and an instructional sheet.
- You can keep eating your regular food and taking the medicine you normally take.
- Read the instructions completely before collecting your stool sample.

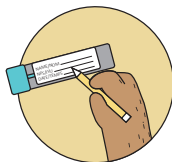
1 Label the bag.



Print your name, date of birth, healthcare number, health centre, date and time of collection on the provided card, and place it back into the **outside pouch of the bag**. Leave the absorbent pad in the bag.

OR Make sure a preprinted patient label is attached to the outside of the bag.

2 Label your collection container.



On the front of your collection container, write:

- Your full name as it appears on your health care card
- Your health care card number
- Date and time of collection
- The laboratory may apply a barcode sticker to the collection container

3 Collect your stool (poop).



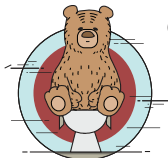
- If you need to pee, pee in the toilet. Flush the toilet.



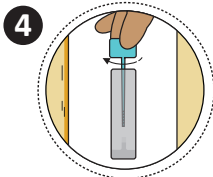
- Or, use a clean dry container to collect your stool sample such as a pie tin, paper plate or plastic container.



- Lift the toilet seat. Place newspaper or plastic wrap on the back half of the toilet. The newspaper or plastic wrap can hang just above the water.

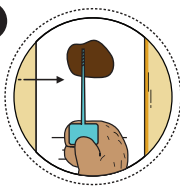


- Have a bowel movement (poop) on top of the plastic wrap, newspaper or into a dry clean container.



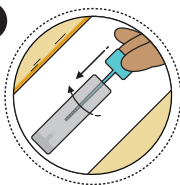
Open the green cap on the collection container by twisting and lifting. The collection kit is attached to the cap.

5

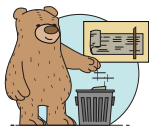


Scrape the surface of the stool with the collection stick added to the lid of the container. Cover the grooved portion of the collection stick, which is located on the lower quarter of the collection stick, with a small amount of stool.

6

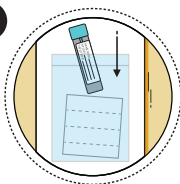


Close the collection container by inserting the collection stick into the collection container and snap the green cap on tightly



- Don't reopen container
- Don't take off or damage the foil that's on the bottom of the container
- Flush the rest of the stool into the toilet
- Put the newspaper or plastic wrap in the garbage
- Wash your hands
- Store the kit at room temperature and bring to laboratory or health centre within 7 days of collecting the sample

7



Place the collection container into the plastic bag with the absorbent pad inside and seal the bag.

- Bring the finished test and your labelled bag to the lab or health centre within 7 days. Contact your local lab or health centre for hours of service.
- If you aren't able to collect a stool sample, please tell your healthcare provider
- Do not return an empty FIT kit to the lab

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