



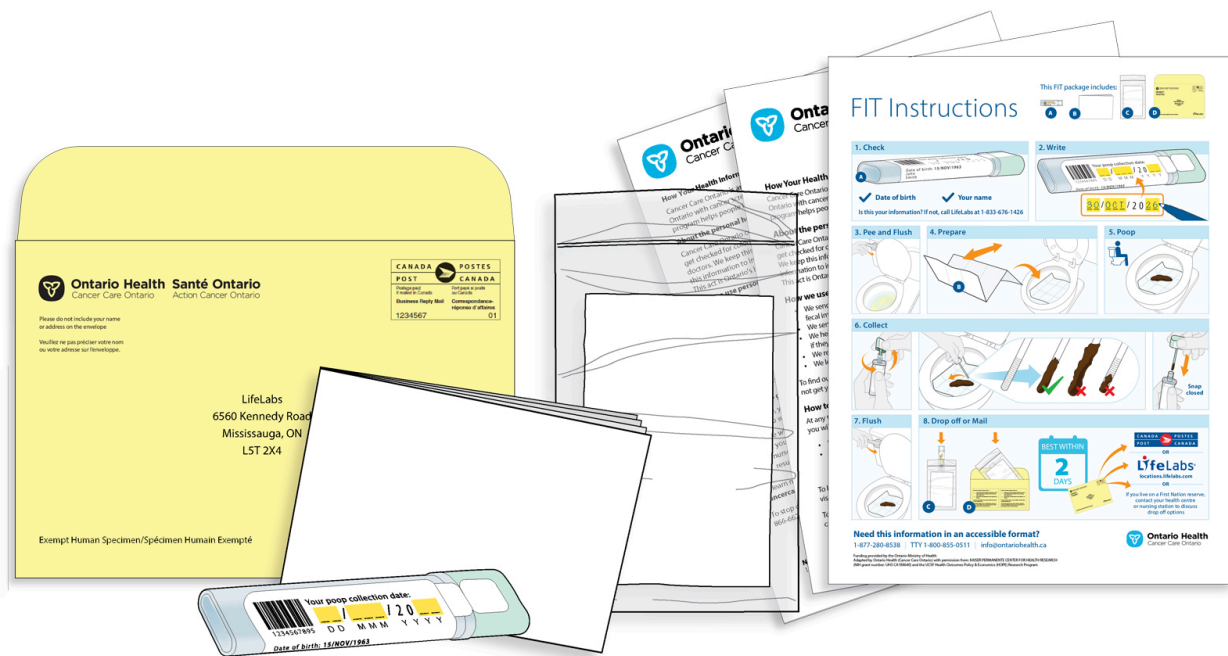
Cancer screening tests are resuming. Find out more at **Cancer Screening During COVID-19**.

Fecal Immunochemical Test (FIT) Instructions

The **fecal immunochemical test (FIT)** is a safe and painless test that checks your stool (poop) for tiny amounts of blood, which can be caused by colorectal cancer or some pre-cancerous polyps (growths in the colon or rectum that can turn into cancer over time). You can do this test at home and it only takes a few minutes. You do not have to change your diet or stop taking medication to do the test.

To get your free FIT, talk with your family doctor or nurse practitioner. If you do not have a doctor or nurse practitioner, you can get a FIT by contacting Health811 at 811 (ATS : 1.866.797.0007). If you are in the North West region or the Hamilton area, you can get a FIT from a **mobile screening coach**. If you live on a First Nation reserve, contact your health centre or nursing station for more information.

Once a FIT has been ordered for you, LifeLabs will mail a FIT package to your Ontario mailing address of choice.



Before you do the test, make sure your FIT package has everything you need:

- Return envelope
- Stool collection paper
- Plastic bag with absorbent material

- FIT tube
- FIT instructions
- FIT letter (with information about the screening test and how to return your sample)
- Privacy notice

Download the FIT Letter

The FIT Letter is available in 32 languages. Please select a language to download the file.

Select a language

Download the FIT Instructions

The FIT Instructions is available in 35 languages. Please select a language to download the file.

Select a language

Storing the Fecal Immunochemical Test (FIT) Before You Complete It

Appropriate Use of FIT

Stool (Poop) Contact with Toilet Water

Flushing the Stool (Poop) Collection Paper

Storing and Returning Your Completed FIT

What Happens Next?

Problems with Your Fecal Immunochemical Test (FIT)

Feedback

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