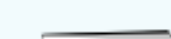


FIT Instructions

This FIT package includes:



A



B



C



D

1. Check

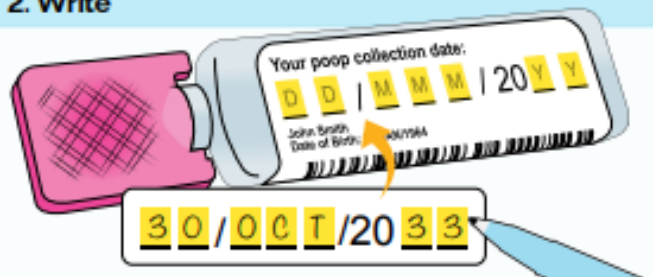
A



✓ Your name ✓ Date of birth

Is this your information? If not, call In-Common Laboratories at 1-833-FIT-POOP (1-833-348-7667)

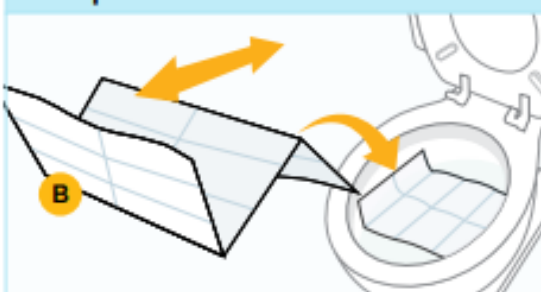
2. Write



3. Pee and flush



4. Prepare



5. Poop



6. Twist to open



7. Drag the stick across the poop



8. Twist to close



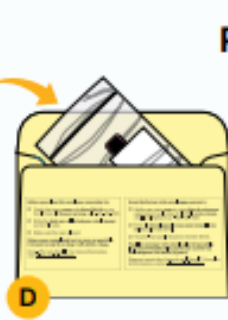
9. Shake tube



10. Flush



11. Drop off or mail



Return within

2
DAYS

CANADA POST POSTES CANADA

OR

Rexall

For more information, visit iclabs.ca/FIT/locations

Need this information in an accessible format ou en Français?
1-877-280-8538 | TTY 1-800-855-0511 | info@ontariohealth.ca

Funding provided by the Ontario Ministry of Health
Adapted by Ontario Health (Cancer Care Ontario) with permission from: KAISER PERMANENTE CENTER FOR HEALTH RESEARCH
(NIH grant number: UH3 CA188640) and the UCSF Health Outcomes Policy & Economics (HOPE) Research Program



Ontario Health
Cancer Care Ontario