



WHEREVER YOU SIT DO THE FIT

What is the FIT?

FIT stands for Fecal Immunochemical Test. Simply put, it's a poop test that looks for hidden blood which may be caused by pre-cancerous growths (called polyps) or signs of colon cancer.

Who should do the FIT?

If you're between 50 and 74, you should do the FIT. Don't wait for symptoms. The time to test is before the cancer develops or when it's in the early stages.

The FIT is easy to do

The FIT takes just minutes to do, and you can do it in the privacy of your own bathroom. FIT kits are free at any Yukon health centre.

The FIT saves lives

When you do the FIT, it may detect small growths before they turn into cancer. By doing the FIT every two years, you could prevent cancer or catch it in its early stages when it is 90% curable.

To get your FIT test, talk to your doctor or health care provider.

Learn more about the ColonCheck program:
hss.gov.yk.ca/coloncheck.php