

# How to use the FIT

(Fecal Immunochemical Test)

## BEFORE YOU BEGIN

- Please read all the instructions carefully.
- Eat and drink normally.
- Do NOT do the FIT if you see blood in your stool or urine.
- If you need to pee, do so beforehand.

## CAUTION — SAMPLE WILL NOT BE GOOD IF:

- too much stool (poop) is collected;
- the sample freezes;
- the sample is not delivered within 48 hours to your health care provider;
- your stool touches water or urine in the toilet bowl; or
- information on the label of the tube or requisition is not complete or can't be read.

## INSTRUCTIONS FOR COLLECTING YOUR STOOL SAMPLE



1 Take the tube out of the bag and neatly write the following information on the label:

- your first and last name;
- your health card number; and
- the date and time of collection.



2 Because your stool sample cannot touch water, begin by hanging plastic wrap between the toilet seat and bowl. Or, you can use a clean dry plastic container (see picture above).



3 Have a bowel movement (poop) onto the plastic wrap or the container.



4 Open the cap of the tube by twisting and lifting. The collection stick is attached to the cap.



5 Use the end of the stick to scrape a small amount of stool.

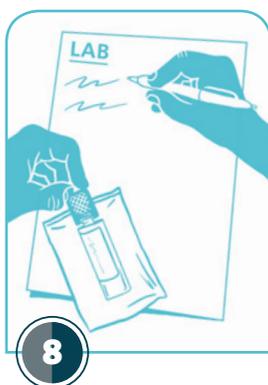
**IMPORTANT** Only scrape enough stool to cover the grooved part of the stick. Too much will wreck the sample.



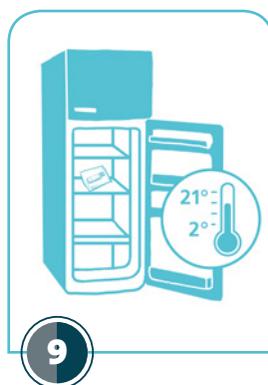
6 Put the stick back into the tube and close tightly. Do not re-open the tube once you have closed it.



7 Flush remaining stool sample, discard the plastic wrap/ container and wash your hands.



8 Put the tube in the zip-lock bag, seal it and write the date and time of collection on your lab document.



9 Keep the bag at room temperature or cool (in your fridge, not a freezer) until you are ready to deliver it, no more than 48 hours later.



10 Deliver the bag and your lab document within 48 hours to your Community Health Centre or hospital lab.

For further questions please contact the screening program at [ColonCheck.Yukon@gov.yk.ca](mailto:ColonCheck.Yukon@gov.yk.ca) or call (867) 667-5497, toll-free at 1-844-347-9856.