

Using the FIT

(Fecal Immunochemical Test)

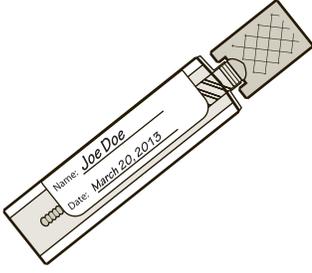
Instructions for collecting

No dietary restrictions or preparation is required

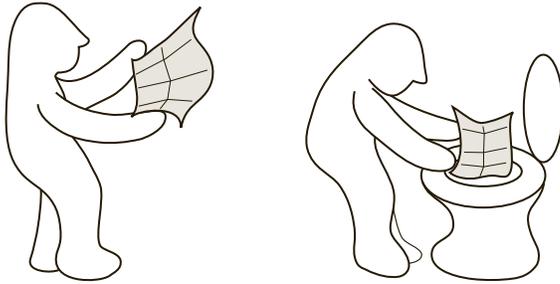
When you are ready...

Results will be invalid if:

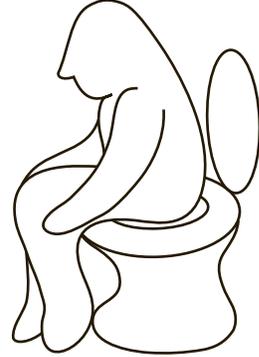
- Too much stool is collected
- The sample freezes
- The sample is not analyzed in the lab within 7 days of the sample being taken
- Stool touches water or urine in the toilet bowl



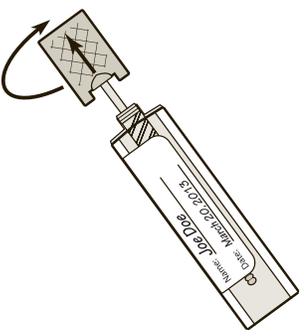
1. Ensure that your name is on the bottle
2. Write the date on the bottle



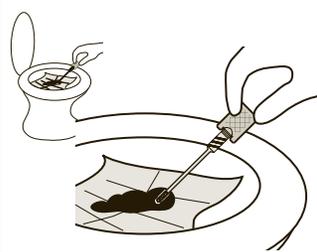
3. Unfold the tissue paper & place it on top of the water in the toilet bowl (see other side for alternate methods)



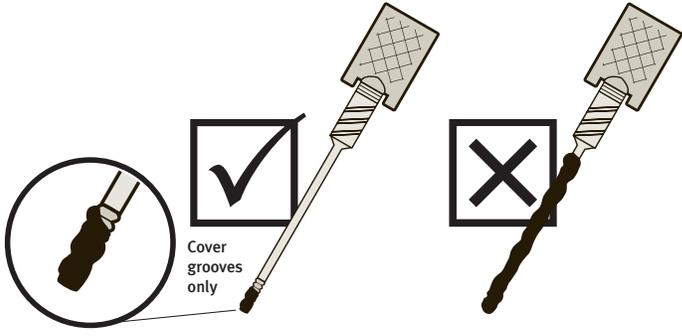
4. Deposit stool on top of collection (tissue) paper



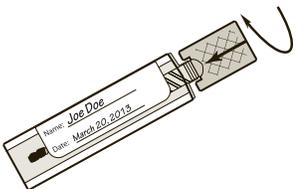
5. Open the cap of the bottle by twisting & lifting



6. Collect a stool sample by scraping the stick on stool until only the grooved part of the stick is covered with stool

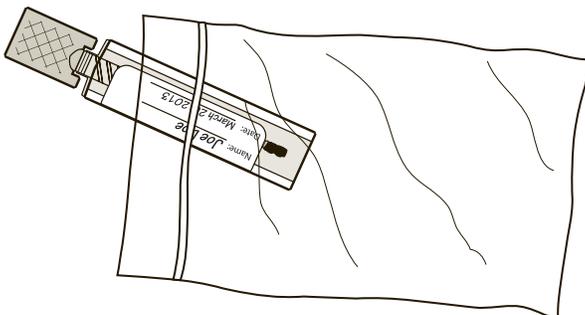


7. Only a small amount of stool is needed. Ensure that only the grooved part at the end of the stick is covered.



8. Insert the stick back in the bottle & twist the cap closed
 - Do **NOT** reopen
 - Flush the toilet
 - Wash your hands

Instructions for packaging the sample:



9. Insert only the bottle into the zip-lock bag. **Do not** include any other items in the zip-lock bag



10. Store completed sample in refrigerator (but **NOT** the freezer) until the sample is returned to the lab

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Frequently Asked Questions about the Kit

How much stool should I collect?

Only a small amount of stool is needed. Just ensure that only the grooved part at the end of the stick is covered. If too much stool is collected, your results will be invalid and you will have to repeat the test.

What should I do if the stool sample touches urine or the water in the toilet bowl?

The sample will be contaminated. Please see the lab about getting a new test kit.

Tip: Urinate first, flush the toilet and then put the tissue paper on top of the water in the toilet bowl.

Alternate collection methods / How can I keep the stool sample from touching the water?

Place the tissue paper provided in the kit on top of the water in the toilet bowl. You can also place several layers of toilet paper on the water in the toilet bowl to support the stool. You can use the toilet paper in addition to the tissue paper provided, or on its own. You can also collect your stool on a clean, disposable container, for example, a paper plate.

Is the sample collection/tissue paper safe for sewer and septic systems?

The collection/tissue paper is biodegradable and will not harm septic systems.

Do I need to change what I eat or stop any medications before doing the test?

No. No dietary restrictions or medication changes are needed for this test.

Are there times when I should not use the test kit?

If you have symptoms of colon cancer, including blood in your stool you should not use the test kit. See your health care provider to discuss your symptoms. If you are bleeding from hemorrhoids, are currently menstruating or have blood in your urine, you should wait to do the test until you have stopped bleeding for 3 days.

Can I collect the sample from very loose or hard stools?

It is okay to collect the sample from very loose or hard stools. If the loose stools are related to a virus, like food poisoning, wait to take the test until you feel better. For hard stool, using a clean, disposable container may make it easier to collect your sample.

Can the test be mailed back by Canada Post?

No. The kit has to be brought back to the lab. There are specific handling requirements for the completed test.

Will an UNUSED test kit expire?

Your collection container will have an expiry date on it. Be sure to complete the test prior to the kits expiry. Once the kit is used, it must be analyzed within 7 days.

Is the collection bottle meant to have liquid in it?

Yes, the liquid in the bottle is a buffer solution and is required for transport and analyzing your sample.

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