

Fecal Immunochemical Test (FIT)

How to prepare	- Your FIT collection kit includes: a plastic re-sealable bag with a stool collection container, an absorbent pad, and the Alberta Colorectal Cancer Screening Program information. - You can keep eating your regular food and taking the medicine you normally take. Read the instructions completely before collecting your stool sample.
Risks or Cautions	You will have to do the FIT again if your sample (stool): - isn't correctly or completely labelled - is frozen or is stored at high temperatures - isn't brought to the laboratory within 7 days of collecting the sample - has come into contact with urine or toilet water while it was being collected - container is too full, leaking, or there is stool on outside of container DO NOT collect a stool sample during your menstrual period. DO NOT remove or tamper with the foil on the bottom of the container. KEEP OUT OF REACH OF CHILDREN AND PETS.
Labelling the Sample	- Make sure you label the sample container with the following information: - First and last name, date and time sample was collected, and your Alberta personal health number (found on your Alberta health care card and may also be called your PHN or ULI#). - If you were given a patient label, attach it to the outside of the container.
Lab Requisition	Print the date and time you collected the sample on the lab requisition and place the requisition back into the outside pouch of the bag. Leave the absorbent pad in the bag.

Collecting the Sample

- Remove** the collection container from the kit and label it with your first and last name, PHN/ULI#, and the date and time of the collection.
- Leave the small absorbent pad in the plastic bag that came with the kit. The pad absorbs any fluid that may leak after the sample is put back in the bag.
- Place** plastic wrap or newspaper between the toilet seat and bowl along the back half of the toilet or use a clean dry plastic container to collect your stool sample.



- Deposit** a stool sample on top of the plastic wrap, newspaper or into a clean dry container.

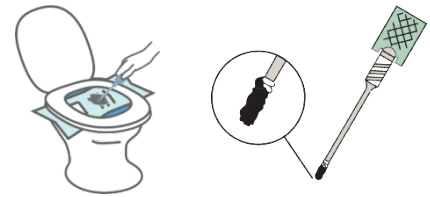


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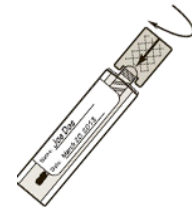
5. **Open** the green cap on the collection container by twisting and lifting. The collection stick is attached to the cap.



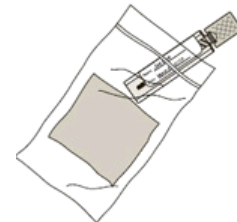
6. **Scrape** the surface of the stool with the collection stick attached to the lid of the container. Cover the **grooved** portion of the collection stick, which is located on the lower quarter of the collection stick, with a **small** amount of stool.



7. **Close** the collection container by inserting the collection stick into the collection container and snap the green cap on tightly.
- Don't re-open container.
 - Don't take off or damage the foil that's on the bottom of the container.
 - Flush the rest of the stool into the toilet.
 - Put the newspaper or plastic wrap in the garbage.
 - Wash your hands.
 - Store the kit at room temperature and bring to laboratory within 7 days of collecting the sample.



8. **Write** the date and time of collection on the lab requisition.
9. **Place** the collection container into the plastic bag with the absorbent pad inside and seal the bag.



Bring Sample to the Lab

- **Bring** the finished test and your lab requisition to the lab within 7 days. Contact your local lab or collection site for hours of service.
- If you aren't able to collect a stool sample, please tell your healthcare provider.
- **Do not return an empty FIT kit to the lab.**

Questions About Your Collection?

- Health Link at **811**
- www.screeningforlife.ca