Quick and Easy Colorectal Cancer Screening at Home

Protect yourself from colorectal cancer. This is your Fecal Immunochemical Test or FIT kit—a quick and easy way to test for colorectal cancer.

When should you do this test?
You can do this test the next time you have a bowel movement (“poop”). But if there’s any blood when you have a bowel movement, please wait until the bleeding has stopped to do this test.

What’s in this kit?

- Large collection tissue paper (folded)
- Sample bottle and stick
- Small shipping pad
- Plastic biohazard bag
- Instruction sheet
- Return prepaid envelope

For a video demonstration of how to use this kit, please go to kpdoc.org/FITvideo.

Step 1. Collect a sample

1. Unfold the collection paper.

2. Lay the collection paper flat inside your toilet on top of the water. Have a bowel movement on top of the paper.

3. Twist and lift the cap on the sample bottle. Keep the liquid in the bottle. We need it for the test.

4. Poke the stool (“poop”) with the sample stick a few times to cover the grooved tip of the stick.

5. Push the stick back into the sample bottle until the cap clicks. (Collection paper will flush easily.)
**Step 2. Label your sample**

1. In ballpoint pen, fill in the yellow box at the right if no label attached. Collection date is the date you collected your sample.

<table>
<thead>
<tr>
<th>PATIENT NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEDICAL RECORD NUMBER</td>
</tr>
<tr>
<td>COLLECTION DATE</td>
</tr>
</tbody>
</table>

2. If not already done, write your full name, medical record number and collection date on the sample container label.

**Step 3. Prepare your package for mailing**

1. Wrap your sample bottle in the small shipping pad.

2. Put the sample bottle and the pad inside the plastic bag. Seal the bag.

3. Fold this sheet and put it in the return prepaid envelope.

4. Check that you’ve included:
   - Sample bottle
   - Shipping pad
   - Biohazard bag
   - This sheet

5. Firmly seal the envelope and mail within 48 hours.

Please mail your stool sample back within **48 hours** of collection.