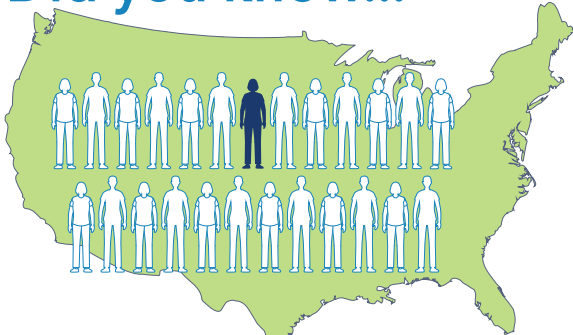


## Did you know...

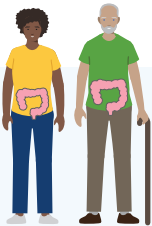


**1 out of 25** people in the US will be diagnosed with colorectal cancer in their lifetime. Finding changes early with regular screening can save your life.

**This test can save your life.**

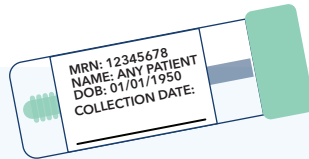
Dear <FIRSTNAME>,

Our records show that you're due for colon cancer screening. The American Cancer Society recommends **screening for people at average risk starting at age 45**. If you have a personal or family history of colorectal cancer or colon polyps, you may need a different type of screening test. Please contact your provider if you have questions about your risk for colorectal cancer.



- Colorectal cancer is the #2 cause of cancer death in the US.
- Over 50,000 people die from colorectal cancer every year.
- The fraction of new colon cancer cases diagnosed in young people has doubled since 1995.

**If detected early, the survival rate is around 90%.**



- This FIT (fecal immunochemical test) is free, simple, and convenient to do at home. Screening with FIT is done once a year.
- This test checks for blood in your stool.
- **Sometimes, blood in the stool that can't be seen by eye may be the only symptom in early colon cancer.**

\*A FIT needs to be done every year to be as effective as a 10-year colonoscopy.



Your result will show up in your member account or be mailed to you within 7 days after the lab processes your test.

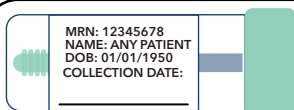
- **POSITIVE** result means blood was found in your stool sample. This does not necessarily mean you have cancer! Colonoscopy is generally required after a positive FIT result. We will contact you to help schedule this procedure.
- **NEGATIVE** or normal result means no blood was found in your stool sample. You are good for one year.

Sincerely,  
Stanley Shyn, MD, PhD, Medical Director, Population Health  
Washington Permanente Medical Group



Scan to translate  
other languages

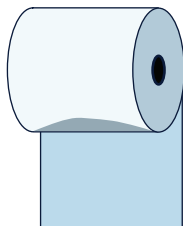
Call 1-800-442-8925 if any part of your kit is missing or information on your label is incorrect.



MRN: 12345678  
NAME: ANY PATIENT  
DOB: 01/01/1950  
COLLECTION DATE:  
06/08/2023

1. Make sure your full name and medical record number (MRN) are correct on the sample tube.
2. Write the collection date on the collection tube with a pen.

3. Now choose a collection option that you prefer. For your next bowel movement...

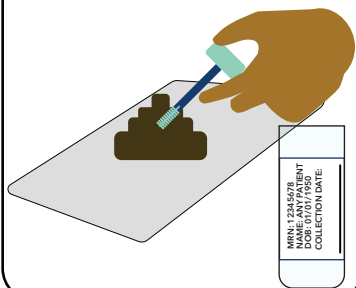
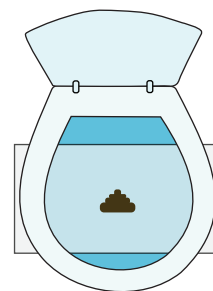


**Option 1 - Toilet paper:**

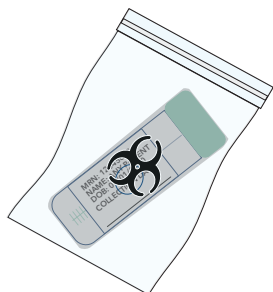
- Wipe with toilet paper
- Use the stool on the toilet paper to collect your sample.

**Option 2 - Collection paper:**

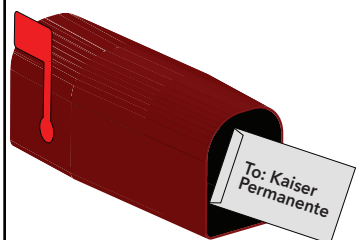
- Lift toilet seat, place collection paper over bowl.
- Don't let the paper touch the water.
- Lower seat.
- Take sample from stool on collection paper.



4. Open the collection tube and pull out the stick.
5. Insert the stick into your stool sample until the grooved tip is completely covered
6. Place the stick back into the collection tube and close tightly.
7. Flush the used toilet paper.



8. Wrap the tube in the absorbent pad and place in the plastic biohazard bag.
9. Seal the bag.



10. Place the sealed bag into the mailing envelope and seal.
11. Mail the kit back to us within 3 days of collecting your sample.

**Congratulations - you did it!**

Thank you for continuing to take care of your health.