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## **FIT Test Patient Instructions**

### **Test Procedures**

#### **Step 1:**

1. Write name and date of birth on collection tube, along with date of collection

#### **Step 2:**

1. Take the collection paper out of the envelope.
2. Peel off liner cover the adhesive tape on each end of the collection paper.
3. Lift toilet seat, unfold collection paper and spread across rim of toilet.
4. Secure the collection paper onto the side first by placing adhesive tabs to the rim of the toilet, then secure the other side. Replace toilet seat.
5. Make bowel movement onto the collection paper. Do not allow collection paper or feces to come into contact with toilet water or urine.

#### **Step 3:**

1. Unscrew the blue cap from the sample collection tube, DO NOT spill or pour out the liquid.
2. With stool still on the collection paper, randomly poke the spiral end of the sampler in at least 6 different sites of the stool. DO NOT SCOOP.
3. Insert sampler back in to the Sample Collection Tube and firmly tighten screw cap.
4. Shake the tube well to mix the stool and test solution.

#### **Step 4:**

1. Place Sample Collection Tube in to the provided plastic bag
2. Place plastic bag into mailing envelope, remove cover on adhesive, and seal envelope.
3. Return to either you provider's office, or directly to NW Laboratory.