How do I complete a FIT kit?

HOW DO I GET A FIT KIT?

You can pick up your FIT kit from your doctor's office.
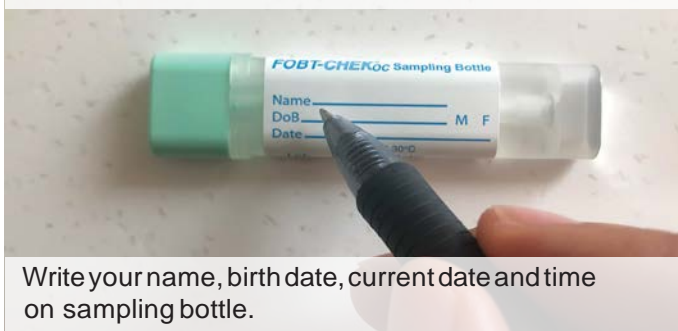
WHAT IS A FIT?

FIT is one method of screening for colorectal cancer. It is a self-administered test designed to detect small amounts of human blood in the stool that cannot be seen with the naked eye. You can perform this test at home using the materials provided in the kit. The instructions help you collect a small stool sample and place the sample in a protected container. You will then put the container in a mailer (envelope) to send to the Clinical Laboratory for processing. If the FIT result is abnormal (or "positive"), there may be blood in your stool and a colonoscopy must be performed to find the source of blood loss.

· You must perform a FIT kit once each and every year to screen effectively for colon cancer.

· Any time a FIT result is abnormal (positive), you will need to have a colonoscopy.

STEP 1. Fill out the information on the sampling bottle.

Write your name, birth date, current date and time on sampling bottle.

STEP 2. Place the collection paper on top of the water in your toilet.
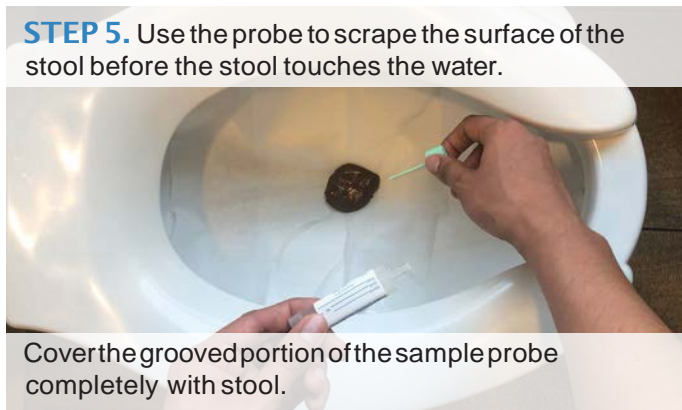
STEP 3. Deposit a stool sample on top of the collection paper.
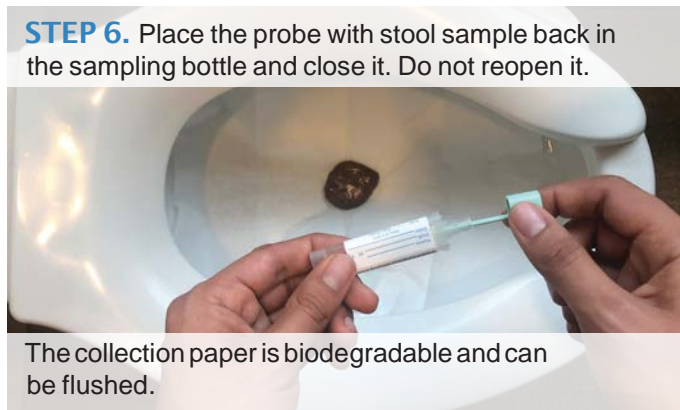
STEP 4. Open the sampling bottle.

STEP 5. Use the probe to scrape the surface of the stool before the stool touches the water.

Cover the grooved portion of the sample probe completely with stool.

STEP 6. Place the probe with stool sample back in the sampling bottle and close it. Do not reopen it.
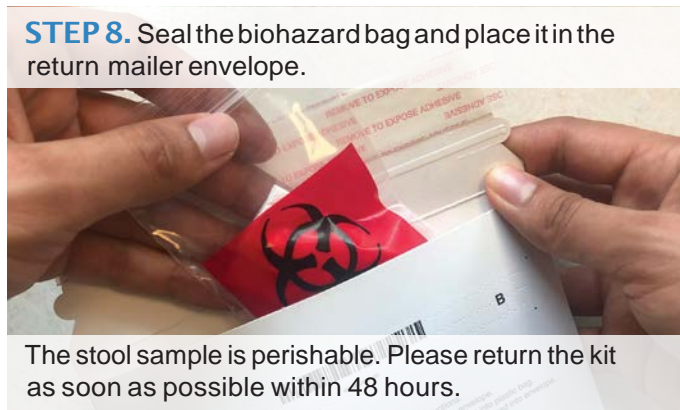
The collection paper is biodegradable and can be flushed.

STEP 7. Wrap the sampling bottle in the small absorbent pad and place it in the biohazard bag.

STEP 8. Seal the biohazard bag and place it in the return mailer envelope.

The stool sample is perishable. Please return the kit as soon as possible within 48 hours.

IMPORTANT **Please return the completed kit by mail or in person to your clinic within 48 hours of collecting your sample. The stool sample is perishable.**

NEED HELP? **Contact your primary care physician.**