

Using the FIT

(Fecal Immunochemical Test)

Instructions for collecting

No dietary restrictions or preparations are required

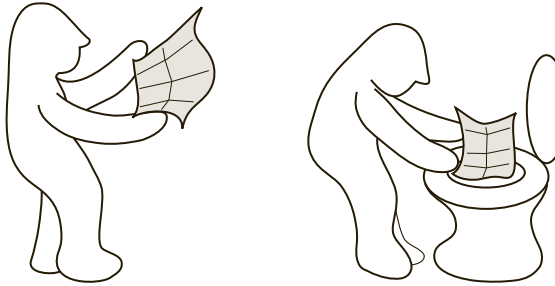
When you are ready:

Return completed sample within 7 days.

Bring your lab requisition form with you when you bring the sample to the lab.



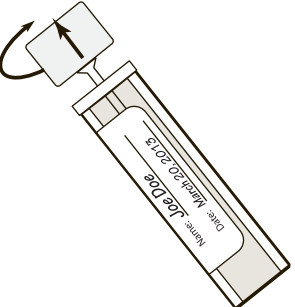
1. Ensure that your name is on the bottle.
2. Write the date on the bottle.



3. Unfold the tissue paper & place it on top of the water in the toilet bowl (see other side for alternate methods).



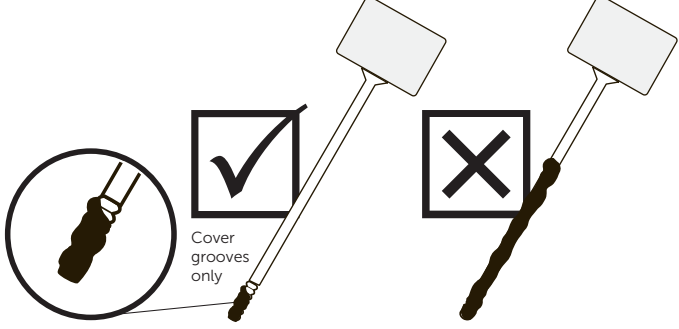
4. Deposit stool on top of collection (tissue) paper.



5. Open the cap of the bottle by twisting & lifting.



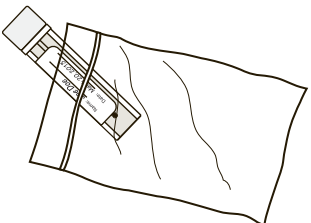
6. Collect a stool sample by scraping the stick on the stool until only the grooved part of the stick is covered with stool.



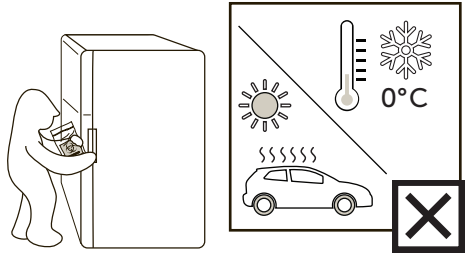
7. Only a small amount of stool is needed. Ensure that only the grooved part at the end of the stick is covered.



8. Insert the stick back in the bottle and click the cap closed. Do **not** reopen the bottle. Flush the toilet and wash your hands.



9. Insert only the bottle into the zip-lock bag. Do **not** include any other items in the zip-lock bag. If the bag has an outer pocket, place your lab requisition form here to ensure it stays with the sample.



10. Store completed sample in refrigerator, but **not the freezer**, until the sample is returned to the lab (within 7 days). Do not allow sample to freeze or become too hot.

Results may be invalid if:

- Too much stool is collected
- Stool touches water or urine in the toilet
- The sample freezes or becomes too hot
- Sample is returned after 7 days

Frequently Asked Questions

How much stool should I collect?

Only a small amount of stool is needed. Just ensure that only the grooved part at the end of the stick is covered. If too much stool is collected, your results will be invalid and you will have to repeat the test.

What should I do if the stool sample touches urine or the water in the toilet bowl?

The sample will be contaminated. Please see the lab about getting a new test kit. Tip: Urinate first, flush the toilet and then put the tissue paper on top of the water in the toilet bowl.

Alternate collection methods / How can I keep the stool sample from touching the water?

Place the tissue paper provided in the kit on top of the water in the toilet bowl. You can also place several layers of toilet paper on the water in the toilet bowl to support the stool. You can use the toilet paper in addition to the tissue paper provided, or on its own. You can also collect your stool on a clean, disposable container, for example, a paper plate.

Is the sample collection/tissue paper safe for sewer and septic systems?

The collection/tissue paper is biodegradable and will not harm septic systems.

Do I need to change what I eat or stop any medications before doing the test?

No. No dietary restrictions or medication changes are needed for this test.

Are there times when I should not use the test kit?

If you have blood in your stool, abdominal pain, change in bowel habits, or unexplained weight loss, ensure you have discussed this with your health care provider before completing the FIT. If you have blood in your urine, you should see your health care provider to discuss your symptoms and determine the right time to complete the FIT. If you are currently menstruating, you should wait to do the test until you have stopped menstruating.

Can I collect the sample from very loose or hard stools?

It is okay to collect the sample from very loose or hard stools. If the loose stools are related to a virus or food poisoning, wait to take the test until you feel better. For hard stool, using a clean, disposable container may make it easier to collect your sample.

Can the test be mailed back by Canada Post?

No. The kit has to be brought back to the lab. There are specific handling requirements for the completed test.

Will an UNUSED test kit expire?

Your collection container will have an expiry date on it. Be sure to complete the test prior to the kit's expiry. Once the kit is used, please return your completed sample to the lab within 7 days.

Is the collection bottle meant to have liquid in it?

Yes, the liquid in the bottle is a buffer solution and is required for transport and analyzing your sample.