

Colorectal Cancer Screening is as easy as 1, 2, 3!

A FIT kit is used to check for colorectal cancer.

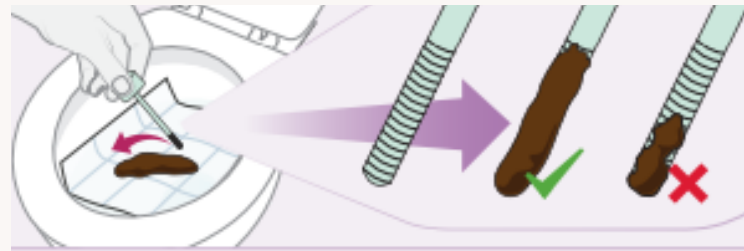
1
Poop

Go pee and flush the toilet.
Put the flushable paper from the kit on top of the water in the toilet.
Go poop.



2
Poke

Write the date on the collection tube and twist the lid off.
Poke your poop with the collection stick.
The ridged part of the stick needs to be completely covered with your poop.



3
Post



Put the lid back on. Put the collection tube in the bag and mail it within 2 days in the pre-paid envelope.
You can also drop it off to a LifeLabs location or First Nations Health Centre.

**If you are between 50 to 74 years of age,
ask your Primary Care Provider (PCP) for a FIT kit
or call 811 if you do not have a PCP.
The FIT kit is mailed directly to your home.**

**Central East
Regional Cancer Program**
Ontario Health (Cancer Care Ontario)