



Here's How to Use Your FIT Test

First Things First: What's a FIT Test?

FIT – short for Fecal Immunochemical Test - helps screen for colorectal cancer. It works by detecting tiny amounts of blood that might come from colon polyps or early-stage colon cancer.

You won't have to change your diet, fast or drink medicine for the test, and there's no need for anesthetic because the test is painless. In fact, you do part of it yourself, in the privacy of your own home. The sample you provide will be analyzed by our laboratory, with the results reported to your primary care provider. It's that simple.

Why Screen for Colon Cancer?

- Early detection can help save lives.
- Colorectal cancer is the fourth most common cancer diagnosed in the United States, according to the National Cancer Institute.
- More than 50,000 Americans die from colon cancer each year.
- Regular screening is recommended beginning at age 50, but can begin earlier if there's a family history of colon cancer.

How Do I Take the Test at Home?

You can do this test the next time you have a bowel movement (poop). If there's any blood when you have the bowel movement, please wait until the bleeding has stopped to do this test. Carefully read all instructions included in your test packet before beginning the test. See the back of this page for more details.

What's in Your FIT Test

- Large collection tissue paper
- Sample bottle and probe (sampling stick connected to bottle lid)
- Absorbent shipping pad
- Plastic biohazard bag
- Instruction sheet
- Return envelope
- Question and answer sheet

More Info About Screening and Picking Up Your FIT Test

When it comes to colon cancer screening, there are multiple options. Talk with your primary care provider to see if the FIT test is the right option for your needs.

If you're due for colon cancer screening and your primary care provider has ordered a FIT test, you can pick it up at your next primary care appointment. You can also schedule a nurse appointment to pick up your FIT test.

More information about colon cancer screening is available at metrohealth.org/colon-cancer-screenings

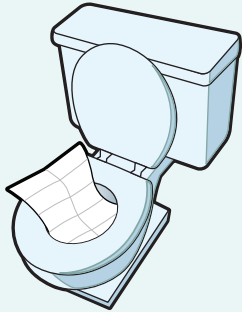
To schedule an appointment, call **216-957-2550**.

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Follow These Steps

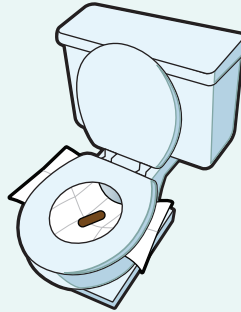
STEP 1

Unfold and place the flushable collection paper on top of the water in your toilet.



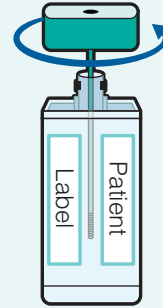
STEP 2

Deposit a stool sample (poop) on top of the collection paper.



STEP 3

Unscrew lid of collection bottle. Be sure to keep the liquid in the bottle.



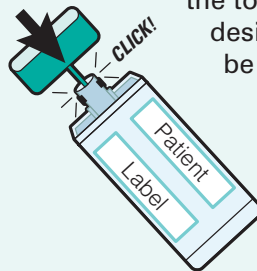
STEP 4

Using probe, scrape and collect stool sample making sure to cover the grooved portion completely.



STEP 5

After inserting the probe into the tube, snap the green cap tightly. **DO NOT REOPEN.** You can now flush the collection paper down the toilet; it is designed to be flushable.



STEP 6

Wrap the collection bottle in the absorbent pad and insert into the plastic Biohazard bag.



STEP 7

Write the **COLLECTION DATE AND TIME IN THE SPACE PROVIDED ON THE ENVELOPE FLAP.** We will not be able to accept samples without the collection date and time.



STEP 8

Return the sample in the mail using the provided pre-paid envelope **WITHIN 48 HOURS OF COLLECTING THE SAMPLE.**

