

How to Use Your FIT or FOBT Kit

WHAT IS A FIT OR FOBT KIT?

FIT stands for fecal immunochemical test and FOBT stands for fecal occult blood test.

Both tests screen for colon cancer by finding small amounts of blood in poop. Both tests work the same.

This kit has all of the supplies you need to do the test at home.

WHEN SHOULD I NOT DO THE TEST?

You can do the test at your convenience.

However, there are some reasons you shouldn't do the test:

- You can see blood in your poop.
- You cannot return your test within 48 hours of completing your test
- You had a recent colonoscopy that found polyps.

Items in Your Kit



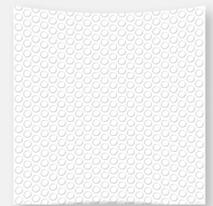
Piece of waxy tissue paper



Labeled tube with a cap, stick, and liquid inside



Plastic bag with biohazard label



Padding for shipping

WATCH HOW TO COMPLETE THE TEST

To see how to complete your FIT/FOBT kit, use the camera app on your phone to scan this QR code:



or visit the following link:

huntsmancancer.org/at-home-test

Questions?



1-888-424-2100 toll free

HOW DO I DO THE TEST?

When you are ready to poop, follow these

6

easy steps.

If the label attached to the tube is blank, write the following:

1

- Your name
- Date of birth (DOB)
- Today's date

This may already be done for you.



2

Lift up the toilet seat. Unfold the tissue paper and spread it over the toilet bowl. If the tissue paper touches the water, that is ok. You should still be able to complete the test.



3

Poop onto the tissue paper.



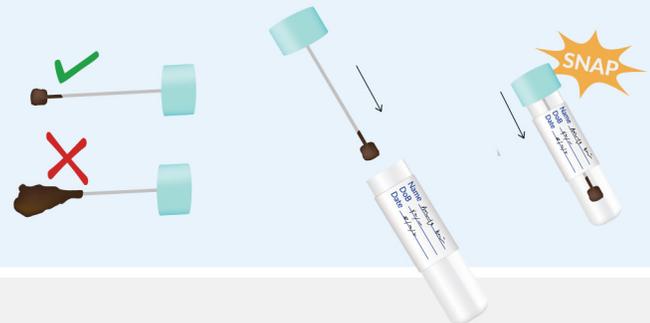
4

Open the tube by twisting the cap. With the stick that is attached to the cap, scrape some poop from 6 different places onto the stick.



5

You only need enough poop to cover the end of the stick. Once you have enough, insert the stick back into the tube, you should hear a snap. You can flush the tissue paper down the toilet.



6

Wrap the tube in the padding. Place the wrapped tube inside the biohazard bag. Return your completed test to the clinic lab. You should have received instructions on how to do this. If you did not, please call your doctor. Make sure to return within 48 hours of completing your test.

