

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 and both work the same. This kit has all of the supplies you need to do the test at home.

The following items are in your kit:

- A large piece of folded tissue paper that feels like wax paper
- A labeled tube with a cap, stick, and liquid inside
- Padding for shipping
- A plastic bag with a biohazard label on it
- An instruction sheet
- A return mailing envelope

WHY 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 mail the sample back or return it to the clinic in 48 hours.
- You had a recent colonoscopy that found polyps.



See the back of this sheet for instructions on how to do the test.

Some of the Things 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

Questions?

 **CALL**

1-888-424-2100 toll free

 **TEXT**

801-528-1112

 **EMAIL**

cancerinfo@hci.utah.edu

HOW DO I DO THE TEST?

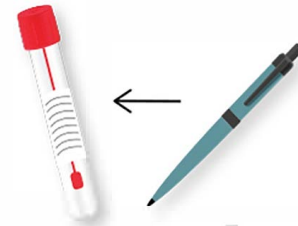
When you are ready to poop, follow these 7 easy steps.

STEP 1: Open the kit to make sure you have all the supplies.



- Waxy tissue paper
- Biohazard bag
- Labeled tube
- Instruction sheet
- Padding for shipping
- Return envelope

STEP 2: If the label attached to the tube is blank, write your name, date of birth (DOB), today's date, and time on the label attached to the tube. This may already be done for you.



STEP 3: 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.



STEP 4: Poop onto the tissue paper.



STEP 5: Open the tube by twisting the cap. With the stick that is attached to the cap, scrape some poop onto the stick. You only need enough to cover the bumpy tip of the stick.



STEP 6: Insert the stick back into the tube and snap the cap back on. You can flush the tissue down the toilet.



STEP 7: Wrap the tube up in the padding. Place the wrapped tube inside the biohazard bag. Place the bag inside the mailing envelope. Try not to shake the tube too much. Put the envelope in the mail as soon as possible, but no more than 48 hours later.

