



How to Prepare	<ul style="list-style-type: none"> Your FIT collection kit includes: a plastic re-sealable bag with a stool collection container, an absorbent pad, and the Alberta Colorectal Cancer Screening Program information. You can keep eating your regular food and taking the medicine you normally take. Read the instructions completely before collecting your stool specimen.
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Risks or Cautions	<p>You will have to do the FIT again if your stool collection container:</p> <ul style="list-style-type: none"> isn't correctly or completely labelled. is frozen or is stored at high temperatures. isn't brought to the laboratory within 7 days of collecting . has come into contact with urine or toilet water while it was being collected. container is too full, leaking, or there is stool on outside of container. <p>DO NOT collect stool if menstruating or if actively bleeding due to hemorrhoids or constipation.</p> <p>DO NOT remove or tamper with the foil on the bottom of the container.</p>
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Labelling the Specimen	<p>Label the collection container with the following information:</p> <ul style="list-style-type: none"> Your (the patient) full first and last name <u>The date and time of specimen collection</u> Your unique personal health number (PHN or ULI#) <p>Alberta PHN is found on the Alberta Personal Health Card</p>  <p>If you do not have a PHN or ULI please ask your local laboratory for alternatives. Please note all specimens need 2 identifiers to be processed.</p>
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Lab Requisition	<ul style="list-style-type: none"> Print the date and time the sample was collected on your lab requisition. Fold and place the requisition in the outside pocket of the plastic bag.
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Collecting the Specimen	<ol style="list-style-type: none"> Remove the collection container from the kit and label it with your first and last name, PHN/ULI#, and the date and time of the collection. Leave the small absorbent pad in the plastic bag that came with the kit. The pad absorbs any fluid that may leak after the container is put back in the bag. Place plastic wrap or newspaper between the toilet seat and bowl along the back half of the toilet or use a clean dry plastic container to collect your stool.  <ol style="list-style-type: none"> Deposit stool on top of the plastic wrap, newspaper or into a clean dry container.
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5. **Open** the green cap on the collection container by twisting and lifting. The collection stick is attached to the cap.
6. **Scrape** the surface of the stool with the collection stick attached to the lid of the container. Cover the **grooved** portion of the collection stick, which is located on the lower quarter of the collection stick, with a **small** amount of stool.
7. **Close** the collection container by inserting the collection stick into the collection container and snap the green cap on tightly.
 - Don't re-open container.
 - Don't take off or damage the foil that's on the bottom of the container.
 - Flush the rest of the stool into the toilet.
 - Put the newspaper or plastic wrap in the garbage.
 - Wash your hands.
 - Store the kit at room temperature and bring to laboratory within 7 days of collecting.
8. **Write** the date and time of collection on the lab requisition.
9. **Place** the collection container into the plastic bag with the absorbent pad inside and seal the bag.

Specimen Delivery to Lab	<ul style="list-style-type: none"> • Bring the finished test and your lab requisition to the laboratory within 7 days. Contact your local laboratory or collection site for hours of service. • If you aren't able to collect a stool specimen, please tell your healthcare provider. • Do not return an empty FIT kit to the lab
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Questions About Your Collection?	<p>Laboratory location, hours and contact information may be found at:</p> <ul style="list-style-type: none"> • www.albertaprecisionlabs.ca • Alberta Precision Laboratories 1-877-868-6848 • Health Link Alberta at 811
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