

# FIT Instructions

This FIT package includes:



**A**

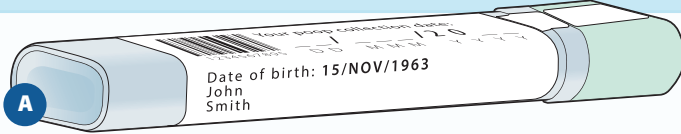


**C**



LifeLabs

## 1. Check

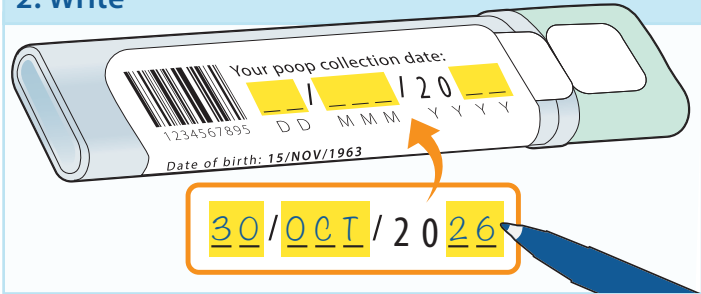


**A**

- ✓ Date of birth
- ✓ Your name

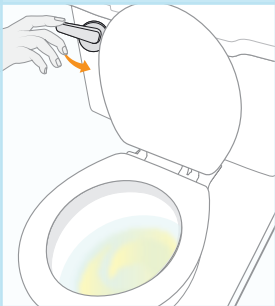
Is this your information? If not, call LifeLabs at 1-833-676-1426

## 2. Write

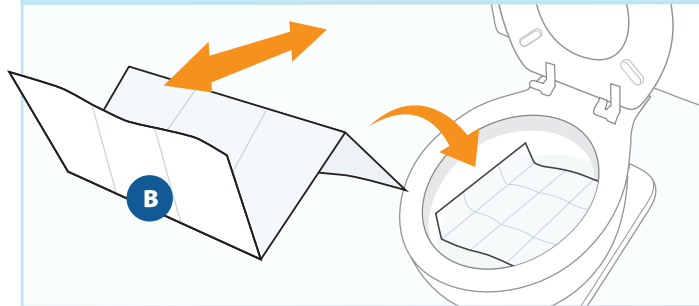


30/OCT/2026

## 3. Pee and Flush

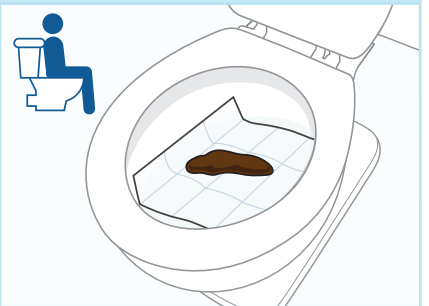


## 4. Prepare

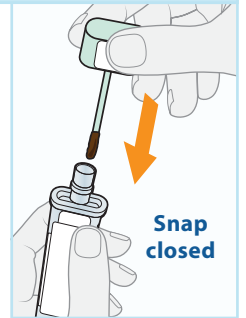
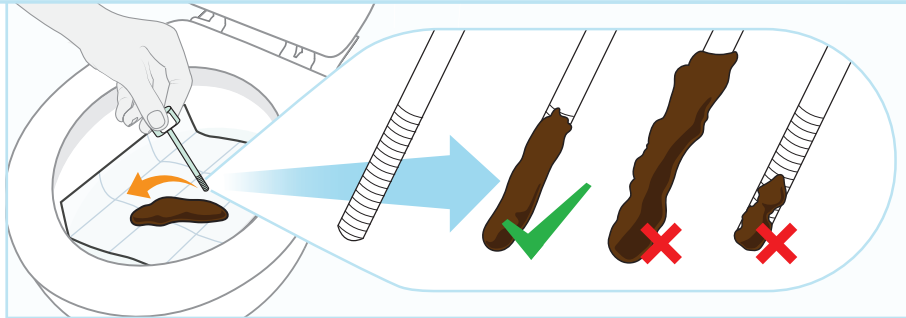
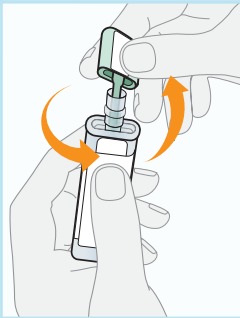


**B**

## 5. Poop

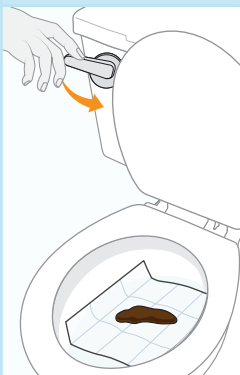


## 6. Collect

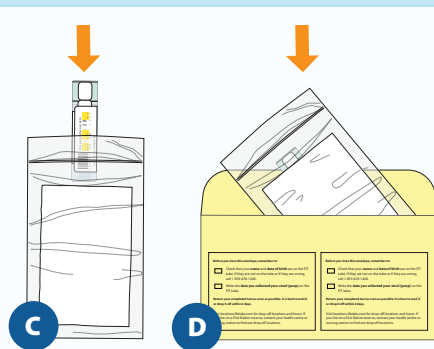


Snap closed

## 7. Flush



## 8. Drop off or Mail



**C**

**D**



OR



OR

If you live on a First Nation reserve, contact your health centre or nursing station to discuss drop off options

Need this information in an accessible format?

1-877-280-8538 | TTY 1-800-855-0511 | info@ontariohealth.ca



**Ontario Health**  
Cancer Care Ontario

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