



# FIT Test for Colon Cancer

## What is the FIT test?

The fecal immunochemical test (FIT) is a screening test for colon cancer. This test detects blood that may be hidden in your stool. Blood in the stool may be an early sign of colon cancer. This test can find problems that can be treated before cancer develops or spreads.

## How do I prepare for the FIT test?

The FIT test kit includes everything you need to take the test. You do not need to do anything special to prepare for the test. You can eat the foods you normally eat, take your prescribed medications and do all of your regular activities.

## How do I take the FIT test?

Follow the directions provided in the kit.

1. Pee first. After you flush, put the collection paper inside your toilet bowl, before you make your bowel movement. You can also put extra toilet paper or even a paper plate on top of the collection paper, so that none of the water will touch your stool.
2. Make your bowel movement onto the paper. Make sure you don't get any water or pee in your stool sample or you will have to get a new kit.
3. Cover only the grooved portion of the probe (plastic swab) with the stool sample. If too much stool is collected, you will have to repeat the test.

Some people feel squeamish about collecting the sample. Just remember, you are doing something good for your health.

## Are there times when I should not use the FIT test?

If you have blood in your stool, you should not do the test. If you are bleeding from hemorrhoids, are having your period, or have blood in your urine, you should wait to do the test. Wait 3 days after there is no blood before doing the test.

## Are there any risks from using the FIT test?

There are no risks from using the FIT test.

## What happens after I do the FIT test?

After you collect your stool sample, make sure you write the date you collected it on the container and the lab form. Place your sample in the small envelope and mail it to BioReference Laboratories. If you prefer, you can bring the sample to your health center and we will send it to the lab. The lab will examine the sample and send us the result. We will then call you with the result and make a follow-up appointment, if needed.