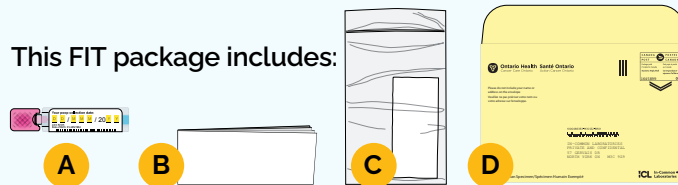


FIT Instructions

This FIT package includes:



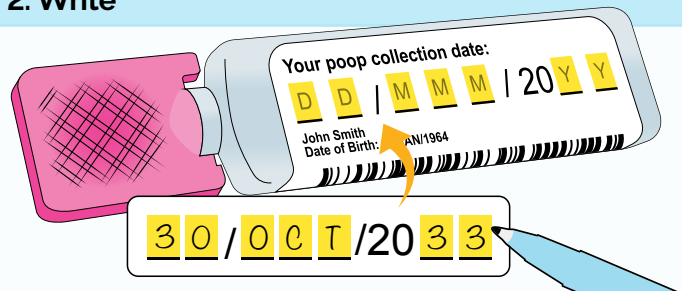
1. Check



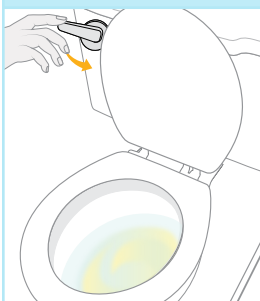
✓ Your name ✓ Date of birth

Is this your information? If not, call In-Common Laboratories at 1-833-FIT-POOP (1-833-348-7667)

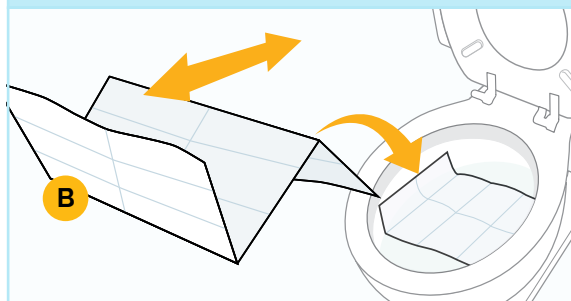
2. Write



3. Pee and flush



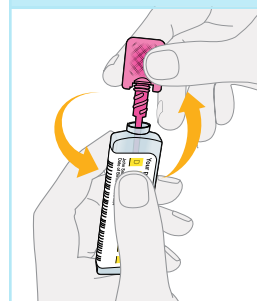
4. Prepare



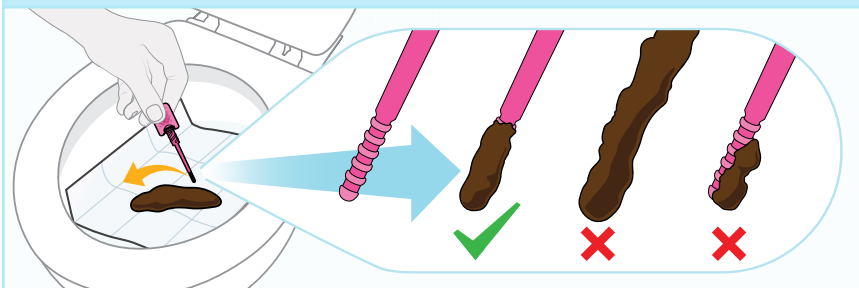
5. Poop



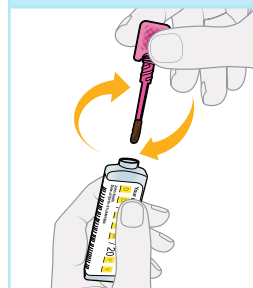
6. Twist to open



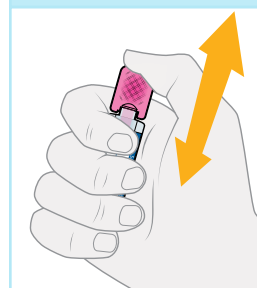
7. Drag the stick across the poop



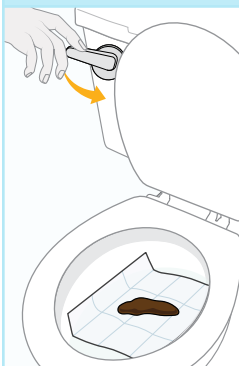
8. Twist to close



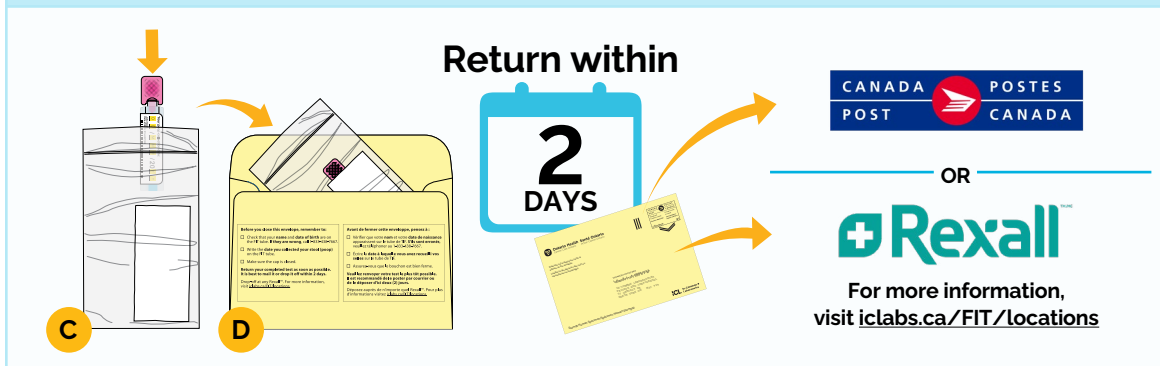
9. Shake tube



10. Flush



11. Drop off or mail



Need this information in an accessible format ou en Français?
1-877-280-8538 | TTY 1-800-855-0511 | info@ontariohealth.ca

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