

Quick and Easy Colon Cancer Screening at Home

Protect yourself from colon cancer. This is your fecal immunochemical test or FIT kit to test for colon cancer at home.

When should you do this test?

You can do this test the next time you have a bowel movement ("poop"). But if there's any blood when you have a bowel movement, please wait until the bleeding has stopped to do this test.

What's in this kit?



Large collection tissue paper (folded)



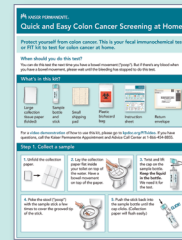
Sample bottle and stick



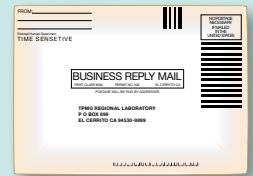
Small shipping pad



Plastic biohazard bag



Instruction sheet

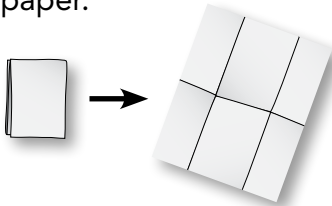


Return envelope

For a [video demonstration](http://kpdoc.org/FITvideo) of how to use this kit, please go to kpdoc.org/FITvideo. If you have questions, call the Kaiser Permanente Appointment and Advice Call Center at 1-866-454-8855.

Step 1. Collect a sample

1. Unfold the collection paper.



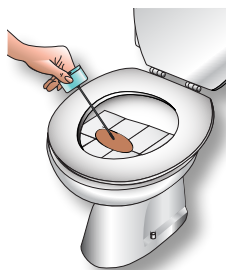
2. Lay the collection paper flat inside your toilet on top of the water. Have a bowel movement on top of the paper.



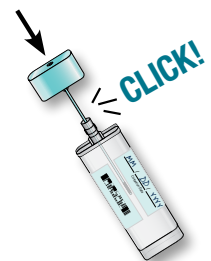
3. Twist and lift the cap on the sample bottle. **Keep the liquid in the bottle.** We need it for the test.



4. Poke the stool ("poop") with the sample stick a few times to cover the grooved tip of the stick.



5. Push the stick back into the sample bottle until the cap clicks. (Collection paper will flush easily.)



Date and include this entire page in return envelope.

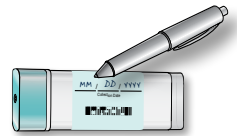
Write the collection date on the bottle and BELOW.
The collection date is the date you collected your sample:

/ /

M M / D D / Y Y Y Y

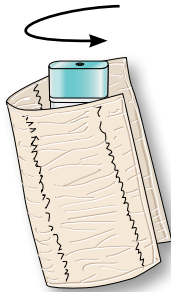
Step 2. Label your sample

If not already done, write your name, medical record number, and collection date on the sample bottle. ⏰ Remember to check the expiration date on the sample bottle. If the date has expired, don't use this kit and call 1-866-454-8855 to request a new one.



Step 3. Prepare your package for mailing

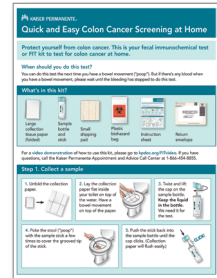
1. Wrap your sample bottle in the small shipping pad.



2. Put the sample bottle and the pad inside the plastic biohazard bag and seal it.

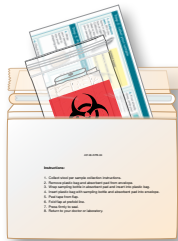


3. Fold the instruction sheet and put in return envelope.

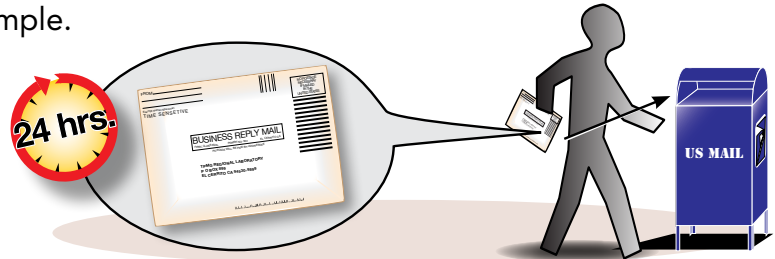


4. **STOP** Check that you've included:

- Sample bottle and instruction sheet with collection date
- Shipping pad and biohazard bag



5. Mail the envelope within 24 hours of collecting your sample.



Step 4. Patient Information

For Patients: If your label is missing at right, fill in your name and medical record number with a ballpoint pen.

If your label has incorrect information, call 1-866-454-8855 to request a new kit.

For Staff use: Place Patient Visit Label (PVL) here and write PCP Name/Lab ID below:

[Patient Name: _____]

[Medical Record Number: _____]

PCP Name/Lab ID: _____