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LAMPCHC.ORG



SCAN ME



FIT TEST



FIT Test

It is time for you to get checked for colon (bowel) cancer by doing a FIT test.

Early Prevention

Your risk for colon cancer goes up after age 50. If we find colon cancer when it is small, it can be treated more effectively. This test reduces your risk of dying from colon cancer.

How it Works

A FIT test is safe and painless and only takes a few minutes. It helps protect your health by checking for tiny drops of blood in your poop that can be caused by colon cancer.

What you Should Know

You will be getting a FIT test kit mailed to your home. This test kit includes:

- ✓ 1 sample tube
- ✓ Collection paper
- ✓ 1 plastic bag

 **You must do the test as soon as possible after you receive it in the mail.**

How to Take the Test

**Picture instructions are also included in the test kit.*

Step 1:

You put the collection paper on the toilet water.

Step 2:

You poop onto the collection paper.

Step 3:

You take the tube's lid, with a stick attached, and place it into your poop to gather a sample as shown in the FIT test instructions.

Step 4:

You replace the stick attached to the lid into the tube.

Step 5:

Place into the plastic bag provided and put into the return envelope.

Step 6:

After Step 5, put the return envelope into a mailbox to be sent to the lab for testing.

Getting Your Test Results

Your results will take a few weeks and your LAMP health care provider will be informed.

If the test is positive, it does **NOT** mean you have colon cancer, but it means **you will need to take a test called a colonoscopy** to look at your colon.

