

# FIT Stool Test - Patient Instructions\*

## Do Not Take The Test

- Three days before, during or after your period, or
- If you have bleeding hemorrhoids, blood in your urine, open cuts on your hands, or strained bowel movements the same day.

## Note

- There are no special diet or medication restrictions for this test.

## Before You Start the Test


- Take the small tube out of the envelope.
- Do not use the test kit after the expiration date on the sampling bottle.



**Check that your name, date of birth and date of collection are printed on the sampling bottle.**

## Doing the Test

**Do not allow toilet bowl water to come in contact with the stool sample.**

1. Urinate before your bowel movement.
2. Collect stool in the toilet bowl insert provided by your doctor's office OR  in any clean, dry container OR on top of the kit collection paper. You may line the clean, dry container with the kit collection paper.



3. Open green cap by turning to the left and pulling upwards.



4. Scrape the surface of the fecal sample with the sample stick.



5. Cover the grooved portion of the sample stick completely with stool sample.



6. Close sampling bottle by inserting the sample stick and screwing cap on tightly to the right. Do not reopen.

## Handling the Sample

- Flush any stool in the toilet.
- If you used the collection paper, flush it down the toilet.
- Store the sampling bottle at room temperature 36°-86°F.

## After the Test



1. Wrap the sampling bottle with the absorbent pad provided.



2. Put the sampling bottle into the specimen bag.



3. Mail the complete kit to the Guthrie-Sayre Lab

## You have finished the test!

If your result is positive, you will be contacted by your physicians office.

*\*Instructions adapted from the OC-Light Manual iFIT Kit.*

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