

# MY FIT TEST TOOLS



American Indian  
Cancer Foundation®

## Collection Paper

The collection paper is placed inside your toilet on top of the water. You will have a bowel movement on the collection paper.



## Biohazard Bag

The biohazard bag is also used to secure your sample when it is sent to the lab or health center. Insert your sampling bottle that is wrapped with the absorbent pad into the biohazard bag. Securely seal the bag. Also be sure to attach any other labeled documents required by your lab or health center.



## Absorbent Pad

Wrap the absorbent pad around the sampling bottle. This is important to support secure sample transport.



## Probe

The probe is the cap of the sampling bottle. You will use the stick to scrape the stool's surface. This needs to happen before the stool touches the water from the toilet. Make sure to cover the grooved portion of the collection stick.



## Sampling Bottle

You will place your stool sample in the sampling bottle.



According to the American Cancer I Facts and Figures report, colorectal cancer (CRC) is the third most commonly diagnosed cancer among all American Indian and Alaska Native (AI/AN) men and women.<sup>1</sup> Routine colorectal cancer screening can help prevent or detect colorectal cancer in earlier stages. Finding colorectal cancer in earlier stages can provide you with more treatment options or favorable health outcomes.

Average-risk (no family history or conditions that increase the likelihood of developing CRC) people may begin FIT test screening beginning at 45. A FIT test will need to be completed every year. People with a family history of CRC or any condition that increases the likelihood of developing CRC should talk with their healthcare providers to discuss the screening option right for them.



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