**Fecal Immunochemical Test (FIT) Instructions**

**STEP 1.** Fill out the information on the sampling bottle.

Write your name, birth date, current date and time on sampling bottle.

**STEP 2.** Place the collection paper on top of the water in your toilet.

**STEP 3.** Deposit a stool sample on top of the collection paper.

**STEP 4.** Open the sampling bottle.

**STEP 5.** Use the probe to scrape the surface of the stool before the stool touches the water.

Cover the grooved portion of the sample probe completely with stool.

**STEP 6.** Place the probe with stool sample back in the sampling bottle and close it. Do not reopen it.

The collection paper is biodegradable and can be flushed.

**STEP 7.** Wrap the sampling bottle in the small absorbent pad and place it in the biohazard bag.

**STEP 8.** Seal the biohazard bag and place it in the return mailer envelope.

The stool sample is perishable. Please return the kit as soon as possible within 48 hours.

**IMPORTANT** Please return the completed kit by mail or in person to your clinic within 48 hours of collecting your sample. The stool sample is perishable.

**NEED HELP?** Contact your primary care physician.

Watch video at uclahealth.org/colon-cancer-screening/fi