



FIT Colorectal Cancer Screening Guide

Fecal Immunochemical Test

The fecal immunochemical test (FIT) is a lab test used to check stool samples to detect blood. Blood in the stool may indicate colon cancer or polyps in the colon or rectum through not all cancers or polyps bleed.

You will collect 1 sample to be examined by the lab for blood. The FIT has no dietary restrictions.

*Must return completed FOBT within 2 weeks.
** Keep in safe place at room temperature—less than 89°F. Keep out of direct sunlight.

Colorectal Cancer Risk Factors:

- Age 50-75
- Family history
- History of breast or Ovarian Cancer
- Inflammatory Bowel Disease
- Colon Polyps

Signs and Symptoms of Colorectal Cancer:

- Rectal bleeding
- Unexplained weight loss
- Weakness or fatigue
- Change in diarrhea or constipation
- A feeling that your bowel does not completely empty
- Persistent abdominal discomfort

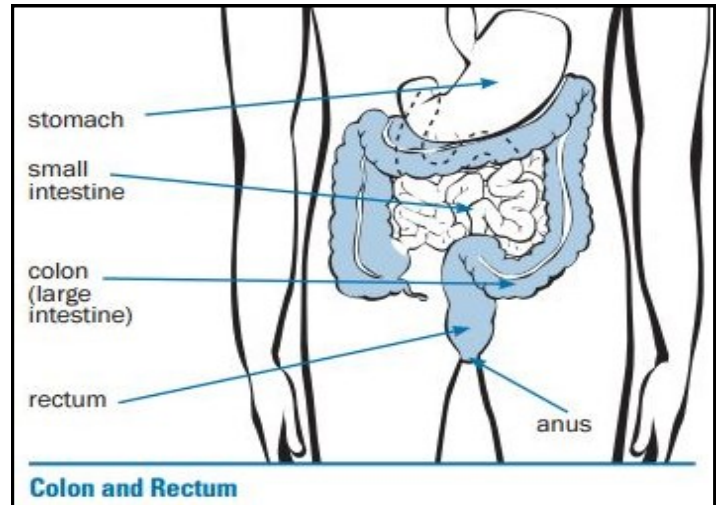


Photo from the Centers Disease and Control

Dietary Restrictions

Consult your local laboratory.

Do Not Take the FIT Test if:

- Have diarrhea
- On menstrual cycle

Taking the test while suffering from either of these symptoms may cause a false positive.

What to Expect from the FIT Collection Kit:

You will receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. Return the test to your health care provider or laboratory.

* Fill out collection card with the information requested, including date and time of collection.

Colorectal Cancer is:

Preventable.
Treatable.
Beatable.

American Indians in the Northern Plains region are affected by cancer more than American Indians in other regions and compared to whole U.S. population.

Great Plains Colorectal Cancer Screening Initiative

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