What Is Colorectal Cancer?
- A cancer in the colon or rectum caused by cells that grow out of control.

Who Should Be Screened for Colorectal Cancer
- Men and Women Age 50-75.
- When no symptoms are present.

Why Is Screening Important?
- You may not notice changes in your body.
- Screening once a year helps find changes early.
- Increases your chance of survival.

What Is a Fecal Occult Blood Test (FOBTIA)?
- Also referred to as a FIT Kit.
- Convenient home collection screening test that is painless and easy to do (instructions included on the other side of this page).
- You collect your sample at home and send it to the lab.
- The lab checks your stool for blood so small that you may not be able to see it.
  - Usually no blood is found.
  - If blood is found, your provider will recommend additional tests.

A FOBTIA Kit Includes:
- Instructions for the patient
- Collection paper for the toilet
- Small specimen collection bottle
- Small padded wrap and collection bag
- Self-addressed envelope with paid postage

Screening Increases Your Survival Rate
- 92% Survived
- 8% Passed Away


Fecal Occult Blood Test (FOBTIA)

1. LABEL THE CONTAINER:
   A) Full Name
   B) Date of Birth
   C) Today’s Date

2. PREPARE:
   A) Unfold the Collection Paper
   B) Lift the toilet lid & seat
   C) Place collection paper on top of the toilet and lower the seat
   D) Have a bowel movement on top of the collection paper

   PLEASE NOTE: Keep the toilet seat down while you collect your sample

3. COLLECT THE SAMPLE:
   A) Open the specimen container
   B) Use the green wand/cap to cover the grooved tip with stool
   C) Place the covered wand/cap back into the specimen container
   D) Close the container until it snaps on tightly

   PLEASE NOTE: Keep the bottle closed after sealing

4. GET YOUR SAMPLE READY TO MAIL:
   A) Wrap the container with the dotted paper, put in the biohazard bag and seal
   B) Put the bag in the pre-addressed TriCore Reference Laboratories envelope
   C) If you received a test order, put this in the envelope too
   D) Write your name and address on the envelope
   E) Send it through the mail the same day or the following day

Illustrations courtesy of Kaiser Permanente Center for Health Research