

# Help Stop Colon Cancer

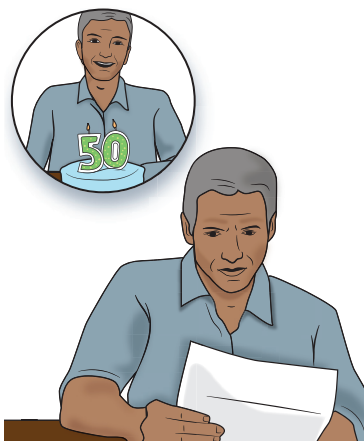
Most people age 50-74 should do a colon cancer screening test called a fecal immunochemical test (FIT) every 2 years.

CancerCareManitoba  
ActionCancerManitoba  
BreastCheck CervixCheck ColonCheck



1

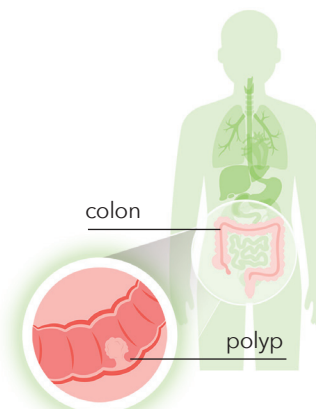
Ali is 50 years old. **ColonCheck** sends Ali a **FIT** invitation. Doing a FIT can help stop colon **cancer** or catch it early.



2

Ali reads through the information in the FIT invitation. Ali learns that the **colon** is part of the body's **digestive system**.

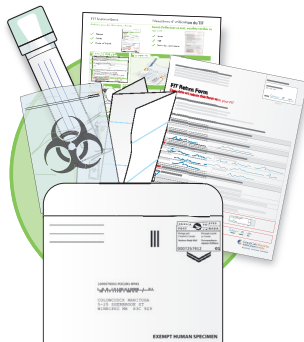
Ali also learns that colon cancer starts from small growths (polyps) in the colon.



3

The FIT invitation includes a:

- FIT test
- FIT instructions
- Return Form
- Flushable poop collection paper
- Plastic bag with absorbent pad
- Return envelope



4

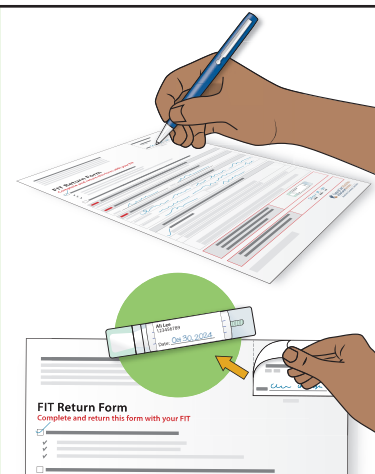
Ali reads the FIT instructions and fills out the Return Form with their:

- Phone numbers
- Healthcare provider information
- Health history
- Poop collection date



5

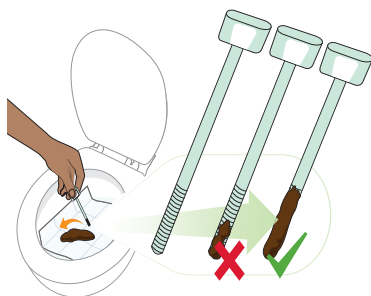
Ali writes the poop collection date on the label at the top right corner of the Return Form, peels it, and sticks it on the FIT test.



6

Ali follows the FIT instructions and takes a poop sample using the FIT collection stick.

Ali makes sure to collect enough poop to cover all of the grooves on the stick.



7

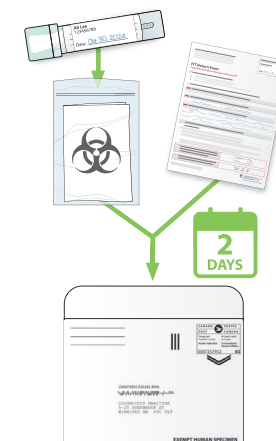
Ali inserts the stick back into the tube, making sure it snaps closed.



8

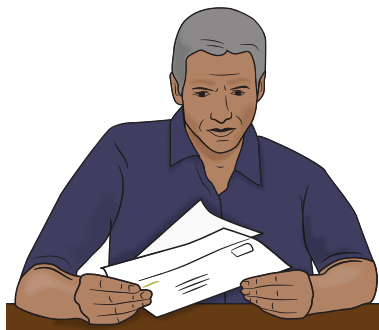
Ali puts the FIT test and the Return Form in the return envelope.

Ali reads the FIT instructions to find out where to drop off the envelope. It is important Ali drops it off within two days.



ColonCheck will contact Ali by mail or by phone with their result.

Ali's result will be **normal**, **abnormal**, or **unable to provide result**.



### Normal FIT Result

If Ali's result is normal, ColonCheck will send Ali a FIT invitation in 2 years.



### Abnormal FIT Result

If Ali's result is abnormal, it means blood was found in their poop. Ali will be sent for a **colonoscopy**. If cancer is found, Ali may need cancer treatment.



### Unable to provide a FIT Result

If a result could not be provided, Ali will be sent another FIT invitation to do the test again.



### HELP PREVENT COLON CANCER



Get checked for colon cancer every 2 years if age 50-74



Live smoke free



Eat healthy



Avoid alcohol



Move more

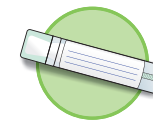
To learn more, visit [PracticePrevention.ca](http://PracticePrevention.ca)

### VOCABULARY



#### ColonCheck, CancerCare Manitoba:

The colon cancer screening program at CancerCare Manitoba. Cancer screening means getting checked for cancer in people who do not have any signs or symptoms.



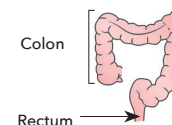
#### FIT or fecal immunochemical test:

A test that looks for blood in your poop that you can't see. Blood may be an early sign of cancer.



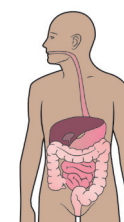
#### Cancer:

An illness in the body that can make you sick or cause you to lose your life.



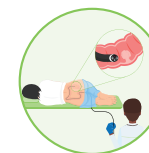
#### Colon:

Part of the body's digestive system. It takes waste from the small intestine and passes it through the rectum where it leaves the body.



#### Digestive system:

The organs responsible for getting food into and out of the body and for making use of food to keep the body healthy. The system includes the mouth, stomach, small intestine, colon, and rectum.



#### Colonoscopy:

A procedure where a doctor uses a long tube with a small camera to see inside your colon and rectum. The doctor looks for any problem areas.