Colon Cancer Screening

An “FOBT” is a test that checks my poop, to make sure that inside parts of my belly – my colon, or bowel – is healthy. I will be given a “FOBT kit” then I will take this kit home. I will use it to collect samples of my poop. It is important that I follow all the steps.

I will probably need to collect 3 samples of my poop, on different days. Then, the samples will be sent to the laboratory and checked to see if they are healthy. Doing the FOBT might be a little hard, and a little messy. Some people need help to do their FOBT kit.

A person that I will ask for help is: ____________________________.

Once I am all done my FOBT, I will celebrate a job well done! To celebrate, I am going to: ________________________________________________.

Would I like to learn more about the FOBT?

Do I want to watch a video?
“Doing Your Test Kit at Home”: http://www.easyhealth.org.uk/content/part-2-doing-your-test-kit-home

Do I want to read a booklet or look at pictures?

Do I want to learn more about colon cancer screening in Ontario?
“10 Tips”: http://tbrhsc.net/10-tips-to-help-you-successfully-complete-your-fobt-kit/