Colorectal Cancer Screening Fecal Immunochemical Test Kit

Hi, I'm Dr. Gina Gregory-Burns a Primary Care Physician with Kaiser Permanente.

I want to take a moment and talk to you about colon cancer. Colon cancer is the 3rd most common cancer and is found in more men than women. However, if found early, it's 90% curable. But, we can only find signs of cancer if you get tested. There are several screening procedures such as Colonoscopy. Fortunately, there's an easy, non-invasive way, using a simple FIT kit that over half a million of our members use every year.

If you're between 50 and 75 years old, please use your FIT kit today.

You can do it in about 5 minutes in the privacy of your own home and you don't need anything to prepare for it.

Richard Haynie: When I first received the FIT kit, I was a little put off by it. It made me feel uncomfortable and I really didn't want to do it. But, I read the directions and they seemed fairly straight forward and I did it and I'm glad that I did.

This is what the FIT kit looks like when you receive it in the mail. The kit is made up of an instruction sheet. It also includes: collection tissue paper, a sample bottle, a shipping pad, a plastic bag and a pre-printed return envelope.

First, double-check the tube to make sure it has not expired. If it's expired, call the phone number in the letter and ask for another kit. If pre-printed on the label, check that your first name, last name and Kaiser Permanente Medical Record Number are correct.

Using the kit is a simple 3 part process. First, open the kit, then take a moment to read through the instructions. Next, unfold the collection tissue paper and put it on the top of the water inside the toilet bowl or directly under the seat, so that the seat holds down the paper. Don't worry, when you flush the toilet it won't cause any problems with your plumbing.

Now, have a bowel movement so that the stool falls on to the collection tissue paper. It's ok if the stool touches the water.

The last step is to open the sample bottle, by twisting and lifting the cap, which has a stick on it. Make sure not to empty the liquid that's inside the sample bottle. Poke the stick into the stool a few times so that the grooved tip is covered with stool, about a half an inch. Gently insert the stick back into the bottle. The cap clicks when it locks into place. Make sure it is securely sealed and do not re-open it.

After you wash your hands, prepare the sample for mailing. Use a ballpoint pen and write the date and time you did the test on the sample tube label, include your name and Kaiser Permanente medical record number, if this information was not previously completed.

It's important to fill in all of the necessary information, as we can't process your sample without it.

Next, wrap the sample bottle in the shipping pad and place it in the plastic bag. Be sure and seal the bag. Put the plastic bag into the white envelope and seal. If appropriate, make sure your name is clearly written in the corner of the white envelope. You can drop the sample off at any Kaiser Permanente Laboratory or put it in the mail. Postage is already paid for you.

Please mail the sample back as soon as possible but no later than 3 days after the collection.

Richard Haynie: Colon Cancer runs in my family. So taking the FIT test every year gives me a lot of peace of mind. It was quick and easy and I know that I'll be here for a long and healthy life with the ones that I love.

VO: To make sure that your sample is tested quickly, please:
- Use a ballpoint pen to fill out sample bottle label.
- Make sure to write the date you collected the sample on the sample bottle label.
- Mail your sample back as soon as possible, but no later than 3 days after collection.

We encourage you to read these instructions carefully and to take just 5 minutes to complete the test. Again, if detected early, colon cancer is very curable. Testing can save your life. It's fast, safe, simple and non-invasive. Do it for yourself. Do it for your loved ones. Be here for the things in life that matter.