



The Scoop on Poop:

75% of poop is water

The rest is mostly made up of fibre our bodies can't digest, bacteria and fats.

The FOBT can find very small amounts of blood in your stool which may indicate colon cancer.

Screening for blood in your poop every 2 years is the best way to catch colon cancer early & stop it in its tracks!



1.5 POUNDS A DAY

The amount the average human poops.

RABBITS

can poop up to

500

PELLETS/DAY



ELEPHANTS
produce up to

80

POUNDS OF POOP/DAY

No one likes the poop test, but it can save your life.



Hang this handy tracker in your bathroom to remind yourself to complete the FOBT kit.

We know it's icky.

But it only takes a few minutes every 2 years to know you are doing what you can to catch colon cancer early.

No more than **10 days** from the 1st sample day.

- 1st sample collected
- 2nd sample collected
- 3rd sample collected



Follow the instructions in your FOBT kit for packaging and send it off to the lab.

You're done!

