

## What is a FiT test?



FiT stands for Faecal Immunochemical Test.

The test detects tiny amounts of blood in your stool (poo) not visible to the naked eye.

## What happens after the test?

**Your sample will be sent to the laboratory for testing and your GP will receive the result of your test within 7 working days, after which you are advised to contact your surgery to obtain the result.**

### **If the result is:**

- 1.** Normal but you are still concerned regarding your symptoms, contact your surgery for a review appointment. If your symptoms have resolved you will not need further investigations.
- 2.** Abnormal, you will be referred to the hospital colorectal team for further investigations and management within two weeks. If you do not hear from the hospital within two weeks, please inform your GP.

**If you have any further queries or concerns regarding your test result contact your surgery for advice.**

**What?**

**Your GP**  
has asked you  
to complete  
a FiT sample

**How?**

**Where?**

## What happens next?

A test kit has been provided to you by your GP. The test comes with easy to follow instructions on how to take a poo sample.

Please complete the test at home and return it to your GP at your earliest convenience.

### Before you start:

- You may wish to purchase a pair of disposable plastic gloves from your local supermarket/pharmacist (not essential).
- Do not collect your poo sample during menstruation.

### Step 1

Fill in your name, date of birth and date of sample collection on the label on the outside bottle using a **permanent pen**.

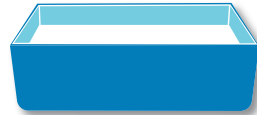


### Step 2

To prevent the poo sample from falling into the toilet either:

#### Option A

Place a wide mouth container (clean empty plastic food container e.g. margarine tub) in the toilet bowl.



#### Option B

Place clean newspaper over the toilet seat opening under the lid (this might not be suitable for a runny sample).

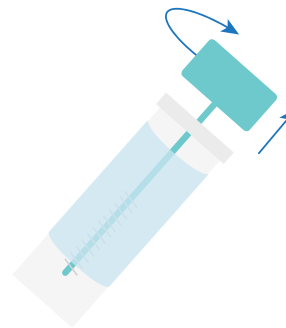
### Step 3

Pass the poo sample either into the container or onto the newspaper.



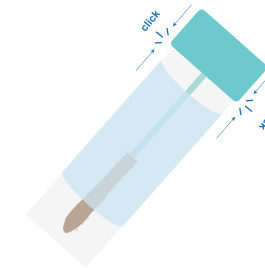
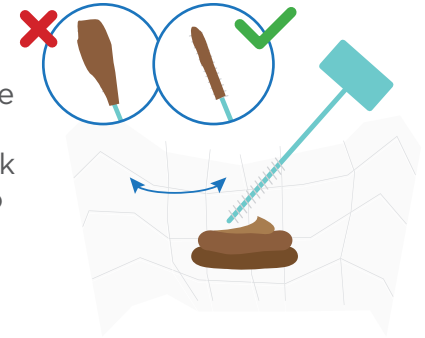
### Step 4

Twist cap to open sample bottle.



### Step 5

Collect sample by **scraping** the green stick along the poo until all the grooves are covered.



### Step 6

Put the stick back in the bottle and 'click' the green cap to close it and shake the bottle. Do not repeat collection.

### Step 7

Wash hands with soap and warm water.



### Step 8

1 Place the sample container in the bag provided.

2 Store the sealed bag at room temperature and return it to your GP surgery at your earliest convenience within 24 hours of your sample collection.

