

Faecal Immunochemical Test: Step-by-step instructions.

What is a Faecal Immunochemical Test (FIT)?

The Faecal Immunochemical Test [FIT] detects small amounts of blood in your poo sample, which you would not normally see or be aware of.

Your GP has asked you to collect a faecal (poo) sample using the enclosed special device. This test looks for tiny amounts of blood in the poo which can't be seen by the naked eye. This test can be done at home and you may wish to wear disposable gloves when you do it. It will tell the doctor if there is any blood, and if so how much.

How do I collect my sample?

Collecting your sample is very simple and hygienic. We only need a small amount of poo for the test, please follow the instructions on the back of this leaflet.

What if I am unable to produce a normal poo?

Ideally, you should wait to collect your sample from a normal (formed) poo. If a normal poo is not possible, please speak with your GP for more information.

What do I do with my collected sample?

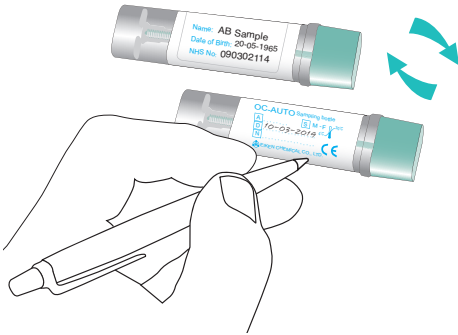
Please return your sample and request form in the plastic bag provided as soon as possible. Make sure you have written the collection date on the sample bottle.

What happens next?

Your GP will contact you with the results of the test. They will then discuss the next steps with you, if the test is positive then further tests may be arranged to find the source of the bleeding.

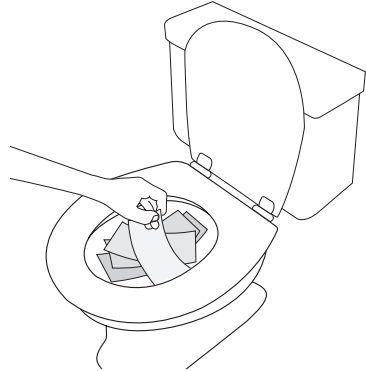
How to do your test

1



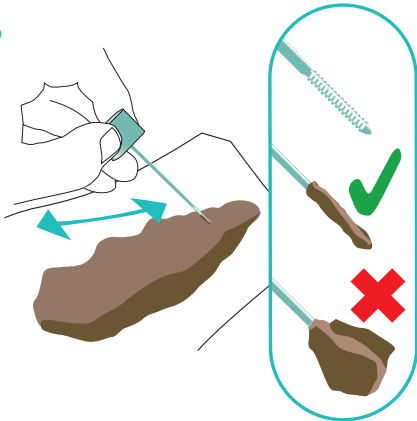
- Your GP will apply your label to the sample bottle.
If there is no label, write your full name, date of birth and NHS number (if you know it).
- Clearly write your sample collection date on the label and specimen request form if provided.

2



- To avoid contact with toilet water, place a few sheets of toilet paper in the bowl, or collect the poo in an unused disposable container.

3



- Collect sample by scraping the green stick along the poo until all the grooves are covered.
- We only need a little poo to test - **please do not add extra!**

4



- Put stick back in container and 'click' the green cap to close it.
- Do not repeat the collection.
- Flush toilet paper and wash hands after use.
- Place sample bottle into the grip seal plastic bag provided and seal firmly.

Return your sample along with the sample request form to your GP as soon as possible.