

Faecal Immunochemical Test (FIT)

Cheshire and
Merseyside
Cancer Alliance



A demonstration video is available in multiple languages; to watch the video please scan this QR code

Please note:

- If you are on your period, please wait for it to finish before you do this test
- If you have diarrhoea (runny poo) wait a few days for it to stop. If it doesn't stop let your GP surgery know
- Even if you have done a similar test for bowel screening you will still need to complete this test
- **Try to return your completed test to your GP surgery within 2 days**
- **If you are struggling to do your FIT test for any reason please contact your GP Surgery.**

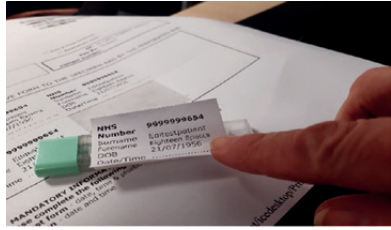
What is a FIT test?

This is a test that checks for blood in your poo.



How do I collect my sample?

1 Label your sample



Make sure that there is a label attached to the sample tube and that your personal details are correct. If the label does not include your name and date of birth, please add them using a blue or black pen.

Make sure the date you collect the sample is added to the label.

2 'Catch' your poo



Cling film over the toilet (remember to leave a dip)



Folded toilet paper in your hand



A plastic bag over your hand or a glove



A carton that grapes come in



A clean empty margarine or ice cream tub



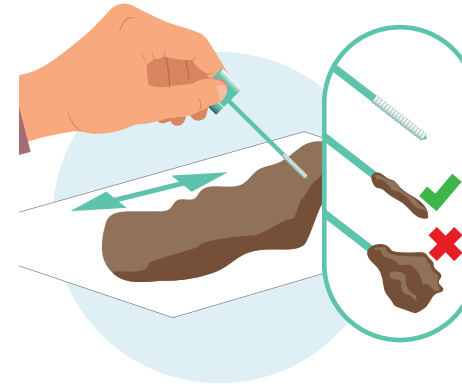
A clean empty takeaway container

The poo used for the FIT sample must not have been in contact with the toilet water.

This means you need to catch the poo using any of the following ways rather than using poo directly from the toilet pan.

- A** Hold folded lengths of toilet paper in your hand.
- B** Put a small plastic bag or a disposable glove over your hand.
- C** Catch the poo in a clean, disposable container.

3 Now take a sample of your poo with the sample stick



Once you have collected your poo you will need to take a very small sample using the stick in the sample tube.

Unscrew the top of the sample tube and take out the stick. Scrape the end of the **stick along the poo**.

Make sure all of the little grooves at the end of the stick are covered with the poo but do not overload the stick. Only a small poo sample is needed, do not repeat the collection.

4 Close and seal the container



Put the sample stick back in to the tube. Make sure the tube clicks closed. Do not reopen the tube after you have closed it.

Put the tube and the request card into the plastic bag.

(The rest of the poo can now be flushed away and any gloves or containers you may have used placed in a rubbish bag and thrown away)

If you have not been able to add the date to the sample label, then write it onto the clear plastic bag.

Seal the bag so the sample cannot fall out and place in the envelope provided.

5 Hand in your sample to your GP surgery



Take your envelope containing your completed FIT to your GP surgery within the next 2 days.

If this is not possible store the sample in a cool place away from direct sunlight and hand into you GP surgery as soon as you can.

6 Results



The results will take a few days.

If you haven't heard anything after 2 weeks, please contact your GP surgery to ask for the results of your test.

If your symptoms get worse, contact your GP surgery to talk about them even if the FIT result is negative.