

# Patient Information Leaflet

## Taking a FIT test

Your GP has asked you to complete a FIT test. They are concerned that your symptoms may need further investigation depending on the result of this test.

### What is a FIT test?

FIT (Faecal Immunochemical Test) is a test which detects tiny amounts of blood in your stool (poo) not visible to the naked eye

### Where do I take a FIT test?

You take the test at home. A test kit is posted to the address registered with your GP, so please make sure your GP Practice has the correct address.

### What happens next?

You should receive a FIT test kit within 7 days of seeing your GP. If you don't receive it by this time, please contact your GP practice for advice.

The test comes with easy to follow instructions on how to take a poo sample, a labelled tube (small plastic container and stick), and a pre-paid return envelope – also see page 2 for tips on collecting your poo.

Please complete the test at home and return it using the pre-paid return envelope as soon as you can but definitely within 5 days of receiving the test. You may have to repeat the test if you don't return it on time, as the poo sample cannot be tested if it's 'too old'.

### What happens after I've posted the test back?

Your GP will receive the result of your test within 1 week and contact you to discuss the results and next steps.

Occasionally the test result means that your symptoms require further investigation. If this happens your GP will contact you.

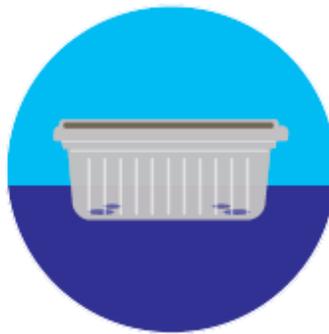
**Important Note:** FIT is also being used for the national Bowel Cancer Screening Programme where men and women between the ages of 60 and 74 receive a home screening kit (in a small cardboard box) every two years. However, even though the tests look the same, the results for bowel screening and patients with symptoms are different so it's important that you still do the FIT test even if you've recently taken a test for the bowel screening programme.

## TIPS FOR COLLECTING YOUR POO

Here are some ideas to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest?



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



**A carton that grapes come in**



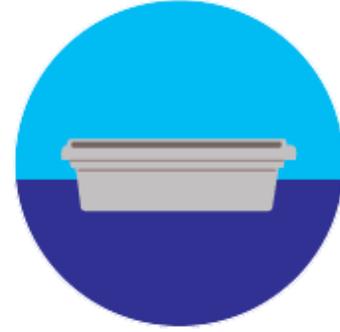
**Folded toilet paper in your hand**



**A plastic bag over your hand,  
or a glove**



**A clean empty margarine or ice cream tub**



**A clean empty takeaway container**

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Scotland (SCO41556) and Isle of Man (1103)



If you are unsure about how to take the test you can ask your GP or Practice Nurse