

How to complete your FIT

(faecal immunochemical test)

You have been given this test kit to help work out the cause of your symptoms.

FIT is a test that looks for blood in a sample of your poo.

It looks for tiny traces of blood that you might not be able to see.



1

Get ready – collect what you need to catch your poo before you sit on the toilet.



2

Write your name, date of birth and the date you collect your poo on the label.

Use a black or blue pen.

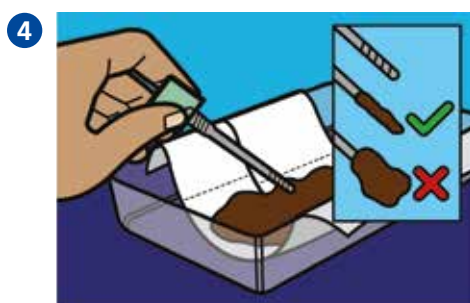
If your details are already on the label, please check they are correct.



3

Collect your poo – we've given you some ideas for how to do this on the opposite side of this leaflet.

Do not let your poo touch the water or toilet.



4

Twist the cap to open the sample bottle. Scrape the stick along the poo until the grooves are covered. You only need a little poo to test. Please do not add extra.

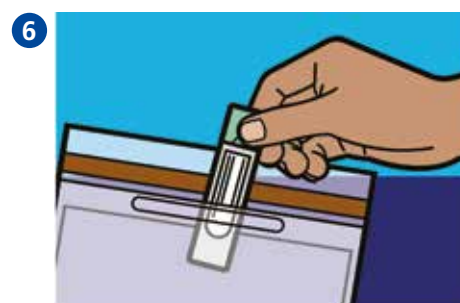


5

Put the stick back in the bottle and click the cap to close it.

Do not reopen the bottle after use.

Please wash your hands.



6

Return the completed kit as soon as possible.

Your doctor will have told you whether to take your completed kit to them or post it to the lab.

Tips for collecting your poo

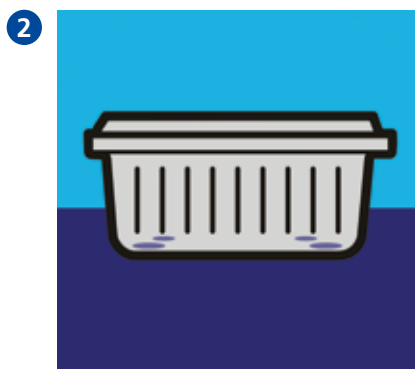
Here are some ideas to make collecting your poo a bit easier.

Why not practise and work out which method you find the easiest?

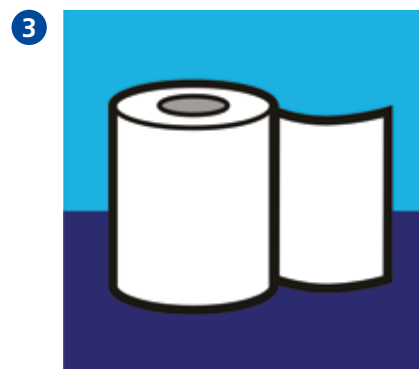
Do not let your poo touch the water or toilet.



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



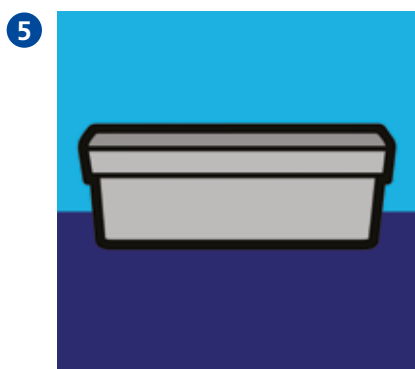
2 A carton that
grapes come in



3 Folded toilet paper
in your hand



4 A clean empty margarine
or ice cream tub



5 A clean empty
takeaway container



6 A plastic bag over your hand,
or a glove

7 Once you have collected your poo, use your test kit and
return the sample as soon as possible.