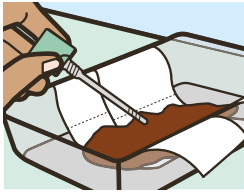
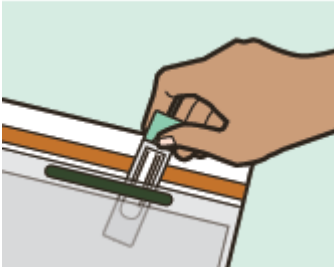


# How to complete your FIT test





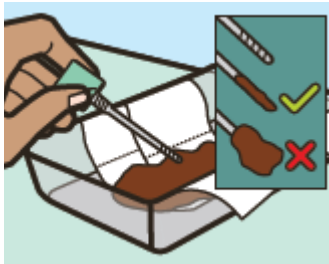
A **FIT test** shows if there is any **blood** in a sample of your **poo**.



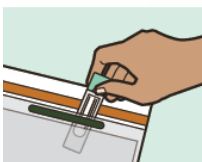
**FIT** stands for:  
**F**aecal  
**I**mmunochemical  
**T**est



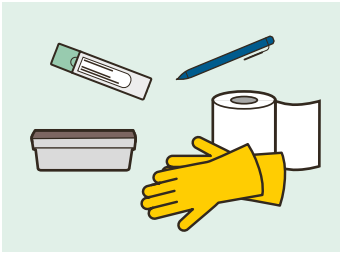
You **cannot always** see the **blood** with your **eyes**



But the **FIT test** will **spot** any **blood** in your **poo** even if it is only a **small amount**.



You have been given this **FIT test** to **work out** what is **causing** your **health problem**.



## Step 1 Collect your poo



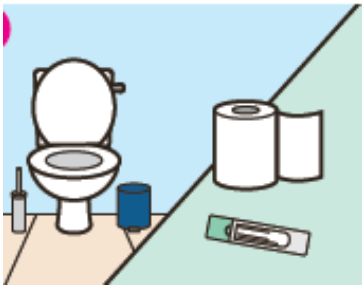
First of all please wash your hands.



Then find something to put your poo into.



Do not let your poo touch the water in the toilet.

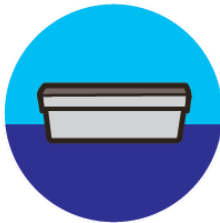


Here are **some ways** you could **collect your poo** for the **FIT test**.



Put **cling film** over the toilet.

**Make sure** the cling film is a **bit loose**.



Use any **clean plastic container** such as



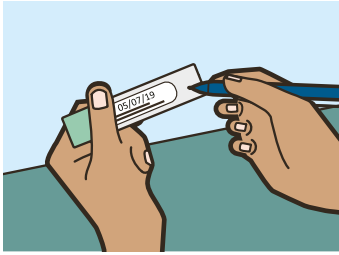
- an **ice cream tub**
- a box you get with a **takeaway**
- **cartons** that **fruit** or **veg** come in



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



- **Folded toilet paper** in your **hand**.

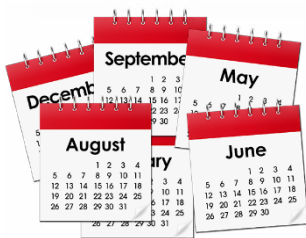


## Step 2

### Make sure your details are on the bottle



- your name
- your date of birth



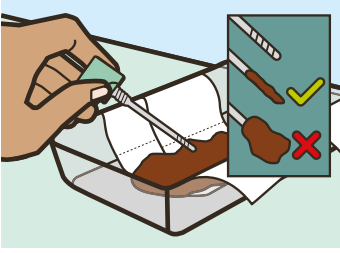
the date you do the **FIT test**



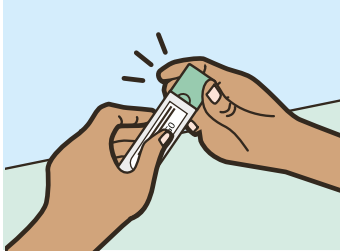
Please use a **black or blue pen** if you are **writing** on your **details**



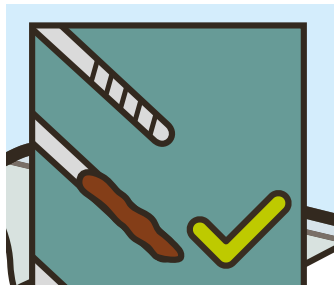
If your **details** are **already** on the **label** please **make sure** that they are **correct**.



## Step 3 Collect your sample



Twist the cap to open the sample bottle.

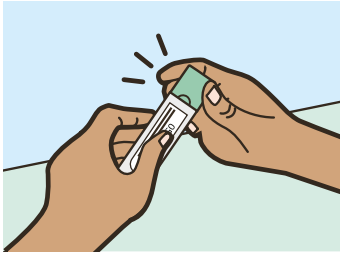


Scrape the stick along the poo until the lines on the end of the stick are covered in poo.

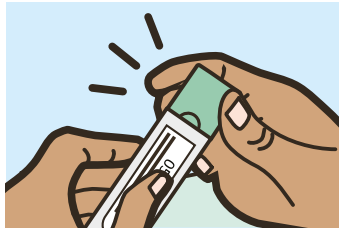
You only need a small amount of poo for the **FIT test**.



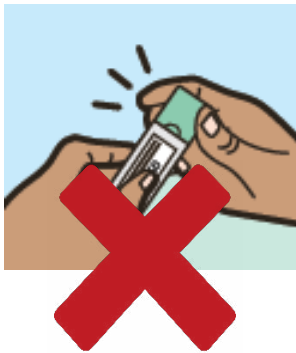
Please do not put too much poo on the stick.



## Step 4 Put your sample in the bottle



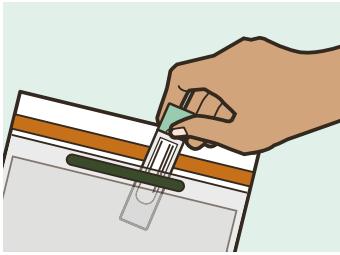
Put the **stick back in the sample bottle** and **click the cap to close it.**



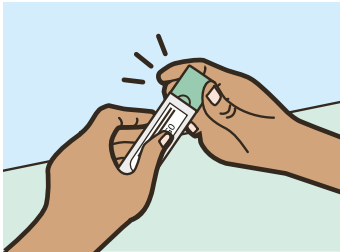
**Do not reopen the bottle**



**Now please wash your hands.**



## Step 5 Send your sample



After you have collected your **FIT test** sample please send it back as soon as possible.



Your **GP** will tell you if you need to:

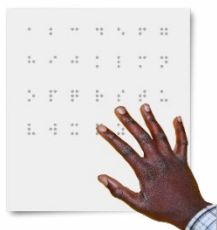


- Drop your sample at your **GP** surgery
- Send it by post





Would you like this Easy Read letter in:



- Braille?



- another language?



Please email  
[england.contactus@nhs.net](mailto:england.contactus@nhs.net)

