

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 doctor has asked you to collect a faecal (poo) sample using the enclosed special tube. 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. Do not collect whilst menstruating (on your period).

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 doctor for more information.

What do I do with my collected sample?

Please return your sample AND request form in the plastic bag provided to your GP surgery as soon as possible. Make sure you have written your first name, surname, date of birth and NHS number on the tube in biro. The laboratory will be unable to test your sample if we don't have your request form and the tube is not labelled properly.

What happens next?

The sample and request form will be sent to the laboratory for analysis and it will tell the doctor if there is any blood present. 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.

