

## Taking a Faecal Immunochemical Test (FIT) sample




Your GP has asked you to do a FIT test to help work out if you have any serious bowel problems including cancer. FIT is a test for hidden blood in the poo and can detect very small amounts. If blood is detected (a positive test) then you will be referred to the hospital for further investigations; but if the test is negative then this is very reassuring and you may not need any more investigation.

Your GP should have your results back within 3 working days.

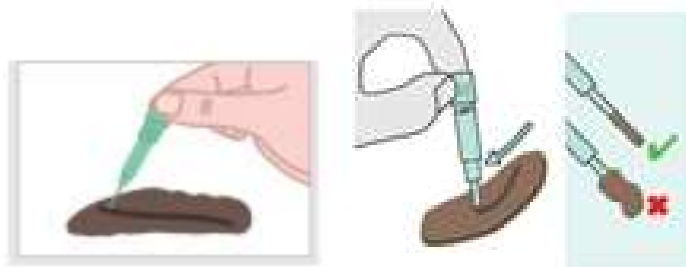
## How to do a FIT test

First carefully look at the tube – it has two ends. Do NOT unscrew the **plain** plastic end – this contains a special preservative liquid which should not be allowed to leak. The **green cap** is attached to a stick that needs to be scraped over a poo sample then replaced in the tube. When you remove the green cap be careful to keep the tube upright to avoid any loss of liquid.

1. Please ensure that your **name** is clearly marked on the tube before you take the sample
2. You need to get a poo sample that is not contaminated by urine or water; there are several ways you can do this:

Half fill a wide mouthed clean and dry container with toilet paper and float in the toilet bowl	Put multiple layers of toilet paper in the bowl over the water	Put some toilet paper on the porcelain and sit the opposite way round to do a poo on the paper
		

3. Unscrew the **green cap** and **scrape** the end of the stick over the poo to **just cover the grooves**



4. Replace the stick in the tube and screw the green cap on tightly; invert the tube a few times to mix up the specimen
5. Wash your hands.
6. Place the tube in the plastic bag provided and return it to your GP as soon as possible and within 24 hours. Do check that there is a request form from your GP included in the bag – if not you should get one from the GP practice

## Please note:

The FIT tube should not be opened except when you need to take the sample. It contains chemicals that should be kept away from children and not swallowed. Do not use the test if you are menstruating or have had some obvious fresh bleeding e.g. from piles.