

## PATIENT INFORMATION LEAFLET

### FAECAL IMMUNOCHEMICAL TEST (FIT)

- The FIT (Faecal Immunochemical Test) is an investigation that is looking for the presence of blood in your poo where it is in too small an amount to be visible.
- Small amounts of non-visible blood in your poo can be associated with abnormalities of the bowel, including cancer.
- Your GP has ordered this test for you, as part of the investigation of your symptoms.
- You will receive a small packet by post, within 5 working days of your recent appointment that contains an easy-to-use kit with instructions enclosed.
- **If this kit does not arrive within 7 working days, please contact your surgery for advice.**
- The FIT kit consists of a small plastic container and stick.
- The poo sample is collected using the following method:

1. *Scrape the opposite end of the stick along the poo.*
2. *Put the stick back into the bottle.*
3. *Click the bottle shut.*
4. *Put the completed kit into the return, freepost packaging, and post the envelope.*

*A useful video on how you can complete the test can be found here:*

<https://www.youtube.com/watch?v=il6VSceMWfM>

#### **You should complete the test as soon as possible.**

- Your poo sample is then analysed at the laboratory and the result is sent to your GP. Your GP will notify you of the result. If you have not heard after 10 days contact your surgery.
- The result can be positive or negative; occasionally, a repeat Test may be required.
- Your GP will advise you of the result, and may refer you urgently for tests on your bowel, or continue to monitor your symptoms.
- Further information can be obtained by contacting your surgery.