

What do I do with my sample?

Please check that you have completed all the steps overleaf and return your sample to your GP practice by handing it in at reception. Your GP practice will then send the sample to your regional laboratory for testing.

Results

Your GP will receive the result within 10 days and will contact you to talk about the result. Further tests may have to be arranged to find the source of the bleeding.

Make a note in your calendar and if you have not heard from your GP practice within 2 weeks, please contact them.

About Us

NORTH LONDON PARTNERS in health and care cover all North Central London patients living in the boroughs of Barnet, Camden, Enfield, Haringey and Islington.



Patient Feedback

Your views are important to us. We use feedback from patients and carers to help us to develop our services to ensure we provide the best possible patient care. Please tell us about your experience of this service by emailing: nclstppmo@nhs.net

In the email subject line, please put "Patient feedback FIT testing".



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UCLH Cancer Collaborative
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NORTH LONDON PARTNERS
in health and care

North Central London's sustainability and transformation partnership

Faecal Immunochemical Test

Step-by-step
patient instructions



Important information before you begin

Your GP has asked you to complete this test as soon as possible. Please use a black or blue pen to write your **NAME, DOB, NHS Number** and **DATE OF SAMPLE COLLECTION** on the container label.

What is a FIT test?

FIT (Faecal Immunochemical Test) is an investigation that is looking for small amounts of blood in stool (poo) where it is in too small an amount to be visible by human eye.

Your GP has ordered this test for you, as part of the investigation of your symptoms which may have included stomach (tummy) pain or discomfort or changes in bowel habit.

- You should complete the test and return this to your GP practice as soon as possible, ideally within 7 days.
- The FIT kit includes a small plastic container. Please follow the step by step instructions to collect your stool.
- The plastic container contains liquid preservative - please DO NOT pour this away.
- Please tell your GP if you are due to travel or go on holiday.

How to collect a sample

Collecting your sample is very simple and hygienic and we only need a small amount of stool for the test. Please follow the instructions shown on the next 2 folds of this leaflet - there are also instructions included with the test kit which tell you how to collect the sample.

It is important that your stool sample **does not** touch the toilet water. There are different ways to collect your stool - see overleaf for examples.

Collect a stool sample using the following methods:

- Hold folded lengths of toilet paper in your hand or place in the toilet bowl to catch the sample.
- Put a small, disposable plastic bag/glove over your hand.
- Poo into a clean, disposable container lined with a sheet of toilet paper so that you can easily slip the stool into the toilet after.

You may find a way that is easier for you, but make sure you don't let your stool touch the toilet water!

STEP 1

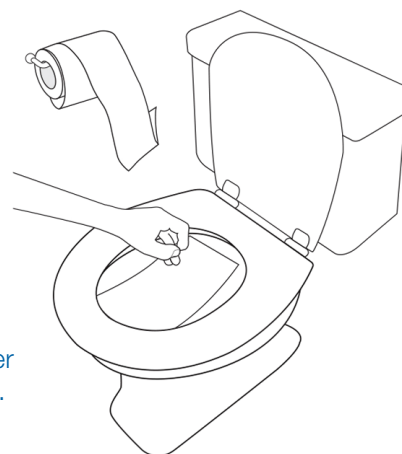
Clearly write your name, DOB, NHS Number and date of the sample collection on the container label.



STEP 2

Collect your stool as explained above.

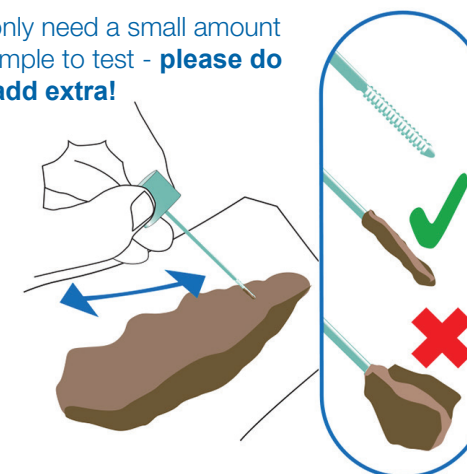
Make sure you take the sample **IMMEDIATELY** after producing the stool.



STEP 3

Unscrew the top of the sample tube and collect sample by scraping the green stick along the sample until ALL the grooves are covered.

We only need a small amount of sample to test - **please do not add extra!**

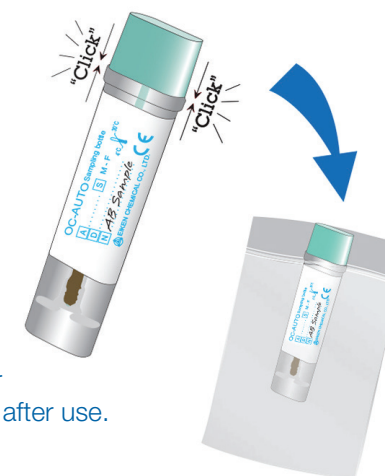


STEP 4

Put stick back in container and 'click' the green cap to close it.

Do not repeat the collection.

Flush toilet paper and wash hands after use.



STEP 5

Return the sample to your GP as soon as possible.