

Tips for collecting your poo

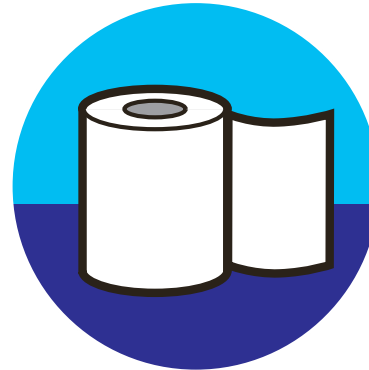
Here are some ideas to make collecting your poo a bit easier. Why not practise and work out which method you find the easiest? Do not let your poo touch the water or toilet.



Cling film over the toilet
(remember to leave a dip)



An empty fruit
carton or plastic pot



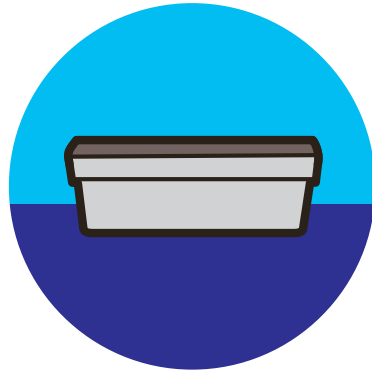
Folded toilet paper
in your hand



Once you have
collected your poo,
use your test kit and
return the sample as
soon as possible.



A clean empty margarine
or ice cream tub



A clean empty
takeaway container



A plastic bag over your
hand, or a glove

How to complete your FIT (faecal immunochemical test)

You have been given this test kit to help work out the cause of your symptoms. FIT is a test that looks for blood in a sample of your poo. It looks for tiny traces of blood that you might not be able to see.

Note: Depending on where you live the FIT kit may look different to the pictures shown here.



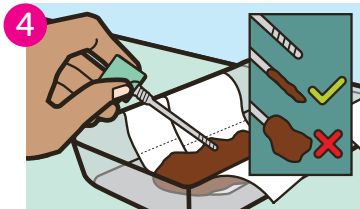
1 Get ready – collect what you need to catch your poo before you sit on the toilet.



2 Write your name, date of birth and the date you collect your poo on the label. Use a black or blue pen. If your details are already on the label, please check they are correct.



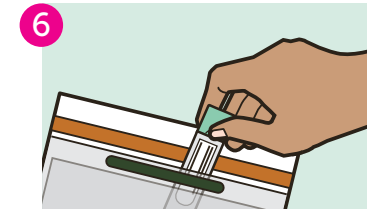
3 Collect your poo - we've given you some ideas for how to do this on the opposite side of this leaflet. Do not let your poo touch the water or toilet.



4 Twist the cap to open the sample bottle. Scrape the stick along the poo until the grooves are covered. You only need a little poo to test. Please do not add extra.



5 Put the stick back in the bottle and click the cap to close it. Do not reopen the bottle after use. Please wash your hands.



6 Your doctor will have told you whether to take your completed kit to them or post it to the lab.

- Once your doctor receives the result, they will contact you to talk about the result.
- Make a note on your calendar and if you have not heard from your doctor within 2 weeks, please contact them.
- If you get a result saying further tests are needed, it could be down to lots of different things and does not necessarily mean you have cancer. But if it is cancer, finding it at an early stage means treatment is more likely to be successful.
- Should your FIT result come back negative but your symptoms continue, change or get worse, get in touch with your doctor.