

If you would like more information about FIT testing visit
www.nbt.nhs.uk/FIT_testing

North Bristol
NHS Trust

BEFORE YOU BEGIN....

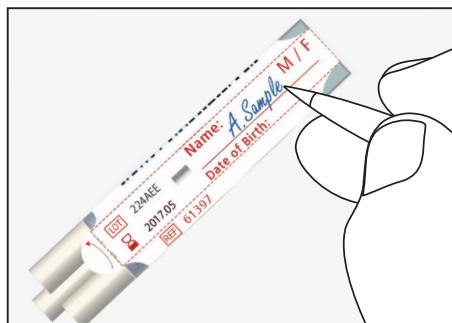
Your GP has asked you to complete this test.

It is important that you do this as soon as possible.

Once completed post the kit straight away in the stamped addressed envelope provided.

How to Collect Your Sample

Start Here...



- 1** Write your name and date of birth on the label as shown here.



- 2** Write your name and date of birth **AND** the date that the sample was taken on the label on the green bag.



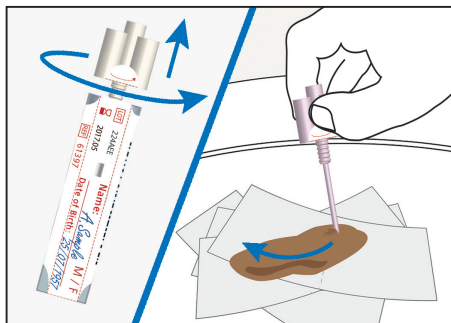
- 3 HOW TO CATCH THE SAMPLE**
It is important that your stool sample does not touch the toilet water. There are different ways to collect your sample, try:

- A. Several layers of folded toilet paper
- B. Hand inside a small plastic bag/glove
- C. A clean disposable container

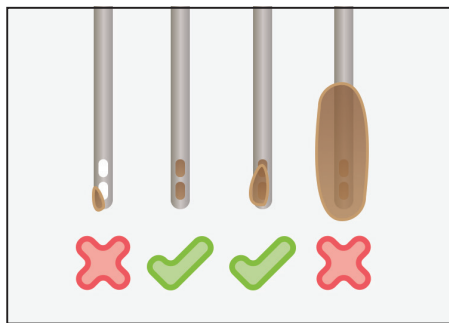
You may find a way that is easier for you, but make sure you catch your stool sample before it touches the water.

NB: Please write the date of sample on the green bag.

Instructions continued overleaf...



- 4 COLLECTING THE SAMPLE**
Unscrew the top of the sample tube anti-clockwise and scrape the end of the stick along the stool sample.



- 5** Ensure that the end of the stick is covered in sample but do not coat the rest of the stick. Replace the stick into the device and twist clockwise to close securely. Only do this ONCE.



- 6 PACKAGING THE SAMPLE**
Place your sample tube into the green plastic bag and press along the seal.



- 7** Place the green sample bag **AND** the GP request form provided, inside the prepaid padded envelope. Remove the covering strip and fold the top over to seal securely.

Please check you have completed all the steps and post immediately.

Your test result will be returned directly to your GP within 10 days.
If you have not heard from them within 2 weeks please contact them.

Your views are important to us. We use feedback from patients and carers to help us develop our services to ensure we provide the best possible patient care.

Please tell us your experience of this service by visiting our website:

www.tinyurl.com/qFIT-Feedback