



Patient instructions for completing a Faecal Immunochemical Test (FIT)

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

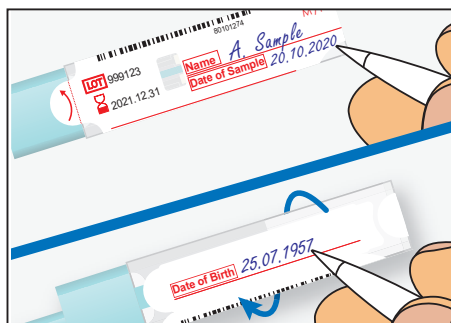
NHS

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 as cancer diagnosed sooner is more successfully treated.
Once completed post the kit straight away in the stamped addressed envelope provided.

How to Collect Your Stool Sample Start Here...



1 Write your name, date the sample was taken **AND** date of birth on the tube labels 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

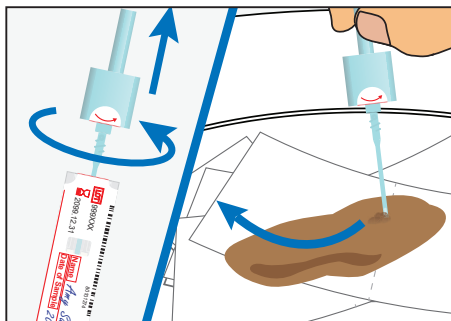


You may find a way that is easier for you, but make sure you catch your stool sample before it touches the water.

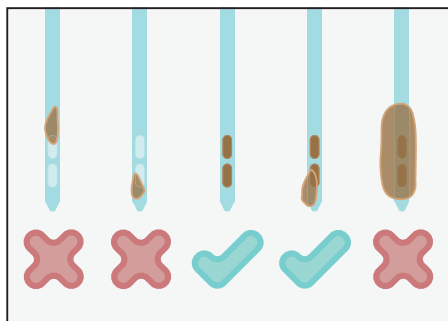
NB: Please write the date of sample on the green bag.

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 sample tube 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.



- 8** 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.

If your FIT test is positive further investigations for possible cancer will usually be recommended. A negative test means that you have a low risk of cancer, but if your symptoms persist please contact your doctor.