

How do I take the samples?

There are instructions with the test bottle to tell you how to collect the sample.

You will be given two test kits. Take a sample from two separate stool samples, obtained on different days. Two are needed because a bleeding disorder of the gut (intestine) may only bleed now and then. So, not every sample collected may contain blood. A series of two samples collected on different days may give more chance to detect a gut disorder causing bleeding. To watch a help video visit www.healthierisc.co.uk/canceralliance/fit

What do I do with my collected sample?

Please return the samples to your GP practice. They will then be sent to the laboratory at your local hospital for testing.

If you have collected your samples at the weekend when the practice is closed, simply keep them in a cool place (away from any heating elements) and return to the practice on the next opening day.

What happens next?

Your GP practice will contact you with the results of the test if it is abnormal. They will then discuss the next steps with you. If the test is positive then further tests may be arranged to find the source of the bleeding - usually endoscopy and/or colonoscopy.



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This test is supported by the Lancashire and South Cumbria Cancer Alliance which is the partnership of NHS organisations working to transform cancer services and improve outcomes for patients.

For more information visit

www.healthierisc.co.uk/canceralliance



Faecal Immunochemical Test: Step-by-step instructions. Start here →

The Symptomatic Faecal Immunochemical Test [FIT] helps to detect traces of blood anywhere in the gut (intestine, tummy).

This is a different test to the FIT screening test.

Your GP has arranged for you to have this test because of the abdominal [tummy] complaints or other symptoms that you have discussed with them such as pain, discomfort or changes in bowel habit.

The Symptomatic Faecal Immunochemical Test (FIT) detects small amounts of blood in your faeces (stool, bowel motions, poo), which you would not normally see or be aware of.

What is my GP looking for?

There are several causes of bleeding into the gut (intestine, tummy) - for example, gastric or duodenal ulcers, ulcerative colitis, bowel polyps and bowel (colorectal) cancer.

The inside of this leaflet provides step-by-step instructions for how to collect two samples which are required for the test.



How to do your test

STEP 1: Take Test Kit / Container 1 - First Stool Sample

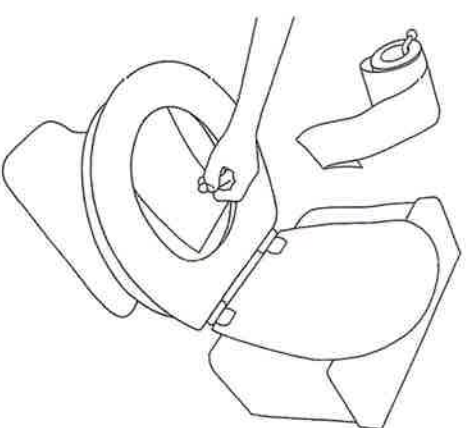
Collect a first stool sample using container 1 by following steps 2 to 5 below.

STEP 2



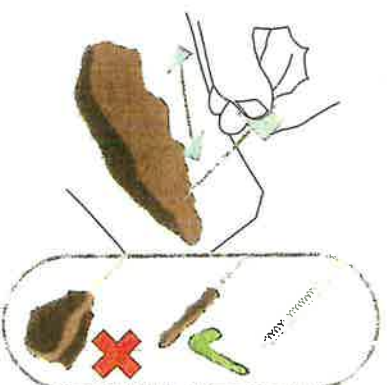
- If not already labelled please clearly write your name, date, date of birth and (if you know it) your NHS number on the sample container

STEP 3



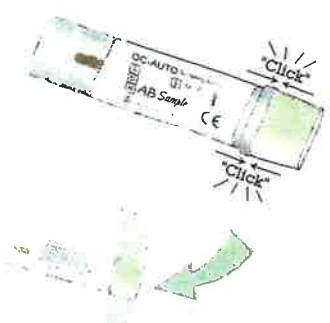
- It is important that the sample does not make contact with the toilet bowl and water.

STEP 4



- Collect sample by scraping the green stick along the poo until all the grooves are covered.
- We only need a little poo to test - please do not add extra!

STEP 5



- Put stick back in container and 'click' the green cap to close it.
- Wash hands after use.
- Store in a cool dry place

STEP 6: Take Test Kit / Container 2 - Second Stool Sample on a different day

Collect a second stool sample using container 2 on a separate day by repeating steps 2 to 5 above. Take both samples back to your GP.