

Faecal Immunochemical Test (FIT) kit

Instructions for Trust Patients

Your Doctor/Medical Practitioner has requested that you complete a FIT stool/poo test kit. This test looks for tiny amounts of blood in the stool/poo. This test will help your Doctor assess your symptoms and if further tests are required.

Along with this instruction sheet, your testing kit should include a FIT test kit.

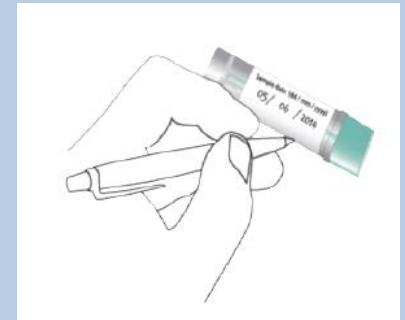
- Your Doctor should have applied a label to this test kit which includes your name and date of birth
- Please write (in pen) the date on which the sample is taken on the FIT test kit.
- Once complete, the sample can be returned to the Department of Blood Sciences in the specimen bag that the test kit was provided in.

Please follow the instructions below carefully

1

Write the date you completed the test in the space provided on the label.

This is very important—failure to do so may result in your test kit NOT being tested



2

There are a few different ways to collect your sample. For example...

1. Use several layers of folded toilet paper or a paper plate
2. Catch the stool or poo in a clean, disposable container
3. Catch it on your hand covered in a small plastic bag/glove



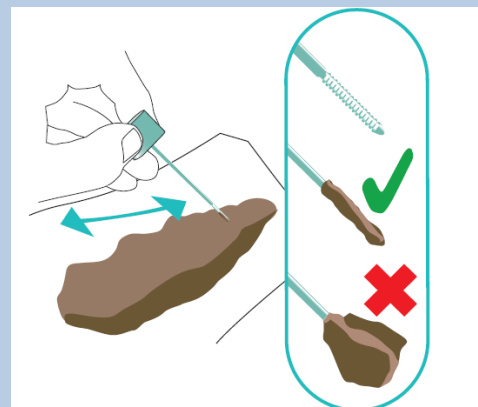
It is very important that the stool sample or poo does not go into the toilet water.

INSTRUCTIONS CONTINUED OVERLEAF.....

.....INSTRUCTIONS CONTINUED

3

Twist open the bottle lid to remove the sampling stick. Collect your sample by scrapping the end of the stick along the stool sample.



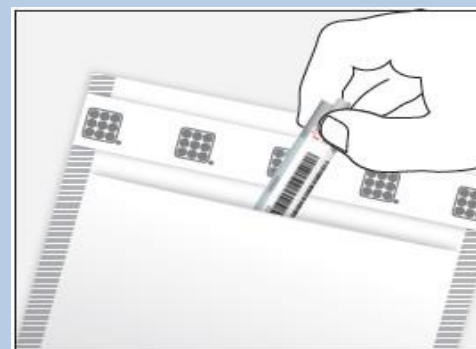
4

Ensure the end of the stick is covered in sample but not excessively so. Replace the stick into the tube and push to close until a 'Click' is heard.



5

Place the tube back in the bag. Return the completed test to the department of Blood Sciences as soon as possible - on the same day you do the test if possible.



A demonstration video is available

To watch the video, please visit:
https://youtu.be/6v_IZBJkzPA

Or scan the QR code



Faecal
Immunochemical
Test :
How to collect
your FIT sample
Start here →