

Faecal Immunochemical Test (FIT) kit

Instructions for Private 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.

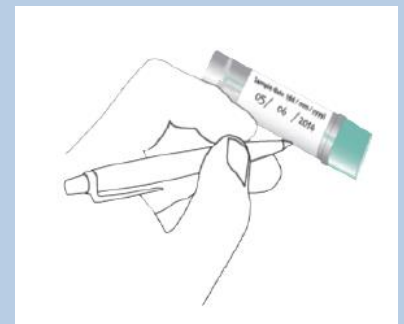
- Your Doctor should have applied a label to this test kit which includes your name and date of birth
- Please write (in pen) the date on which the sample is taken on the request form next to “sample date/time”.
- Once complete, the sample can be returned to the Department of Blood Sciences in the specimen 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 and on the request form.

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



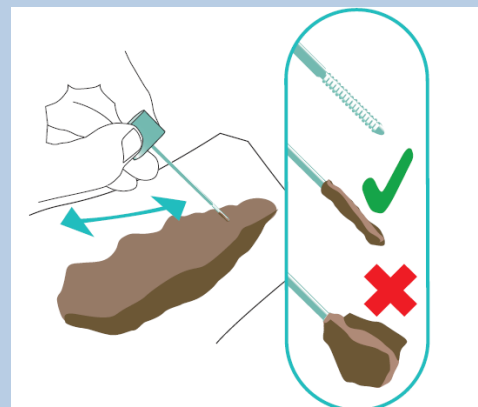
It is very important that the stool sample or poo does not go into the toilet water.

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

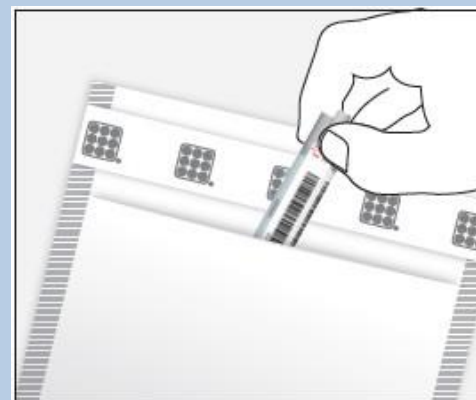
Ensure the end of the stick is covered in sample but not excessively so. Replace the stick into the tube and push to close until a 'Click' is heard.



5

Place the tube back in the bag provided along with any test request forms.

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



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

Or scan the QR code