

# PATIENT INSTRUCTIONS FOR COLLECTING YOUR SAMPLE

## BEFORE YOU BEGIN

Your GP has asked you to complete this test as soon as possible.

Use a black or blue pen to write YOUR NAME and YOUR DATE OF BIRTH on the label.

Do not do the test when you are menstruating (having your period), wait until it has finished and then do the test.

FIT (Faecal Immunochemical Test) is an investigation that is looking for the presence of blood in the stools (poo) where it is in too small an amount to be visible.

Your GP has ordered this test for you, as part of the investigation of your symptoms, to rule out cancer. Tell your GP if you are due to travel or go on holiday.

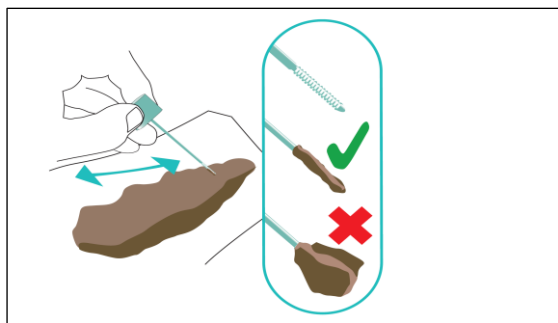
The FIT kit includes a small plastic container. You should complete the test and return this to your GP practice as soon as possible. Please follow the step by step instructions to collect your stool (poo).

### 1. Label your sample



Write your **NAME**, **DATE OF BIRTH** and the **DATE** you collected your stool (poo) where indicated using a black or blue pen. If the label already has your details on it please check they are correct.

### 3. Take a sample of your stool (poo) with the extraction device



Unscrew the top of the sample tube anti-clockwise, remove the stick and **scrape the end of the stick along the stool (poo)**. Only a very small amount of the stool (poo) is needed on the stick.

### 2. How to catch the stool (poo) sample



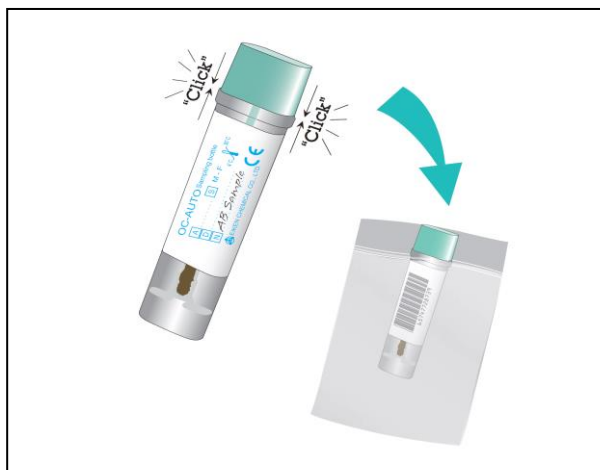
**It is important that your stool (poo) sample does not touch the toilet water.**

There are different ways to collect your poo, try:

- Hold folded lengths of toilet paper in your hand.
- Put a small, disposable plastic bag/glove over your hand.
- Poo into a clean, disposable container lined with a sheet of toilet paper so that you can easily slip the stool (poo) into the toilet after.

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

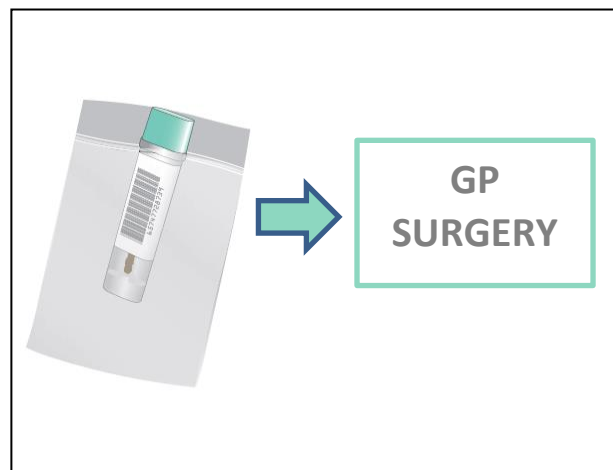
#### 4. Close and seal the container



Replace the sample stick back into the tube. Make sure that the tube clicks closed and place it in the plastic bag.

**Don't forget to wash your hands!**

#### 5. Hand in your sample



Take your sample to your GP practice and hand it in at reception to be collected and taken to be tested **within 7 days**.

#### 6. Results

Your GP will receive the result within 10 days and they will contact you to talk about the result.

Make a note on your calendar and if you have not heard from your GP practice within 2 weeks, please contact them.



**PLEASE CHECK YOU HAVE COMPLETED ALL THE STEPS  
TAKE YOUR SAMPLE TO YOUR GP PRACTICE AND HAND IT IN AT RECEPTION**

Your views are important to us. We use feedback from patients and carers to help us to develop our services to ensure we provide the best possible patient care. Please tell us your experience of this service by email to [england.tcstlondon@nhs.net](mailto:england.tcstlondon@nhs.net)

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