

# Faecal Immunochemical Test (FIT) for Bowel Cancer in Croydon

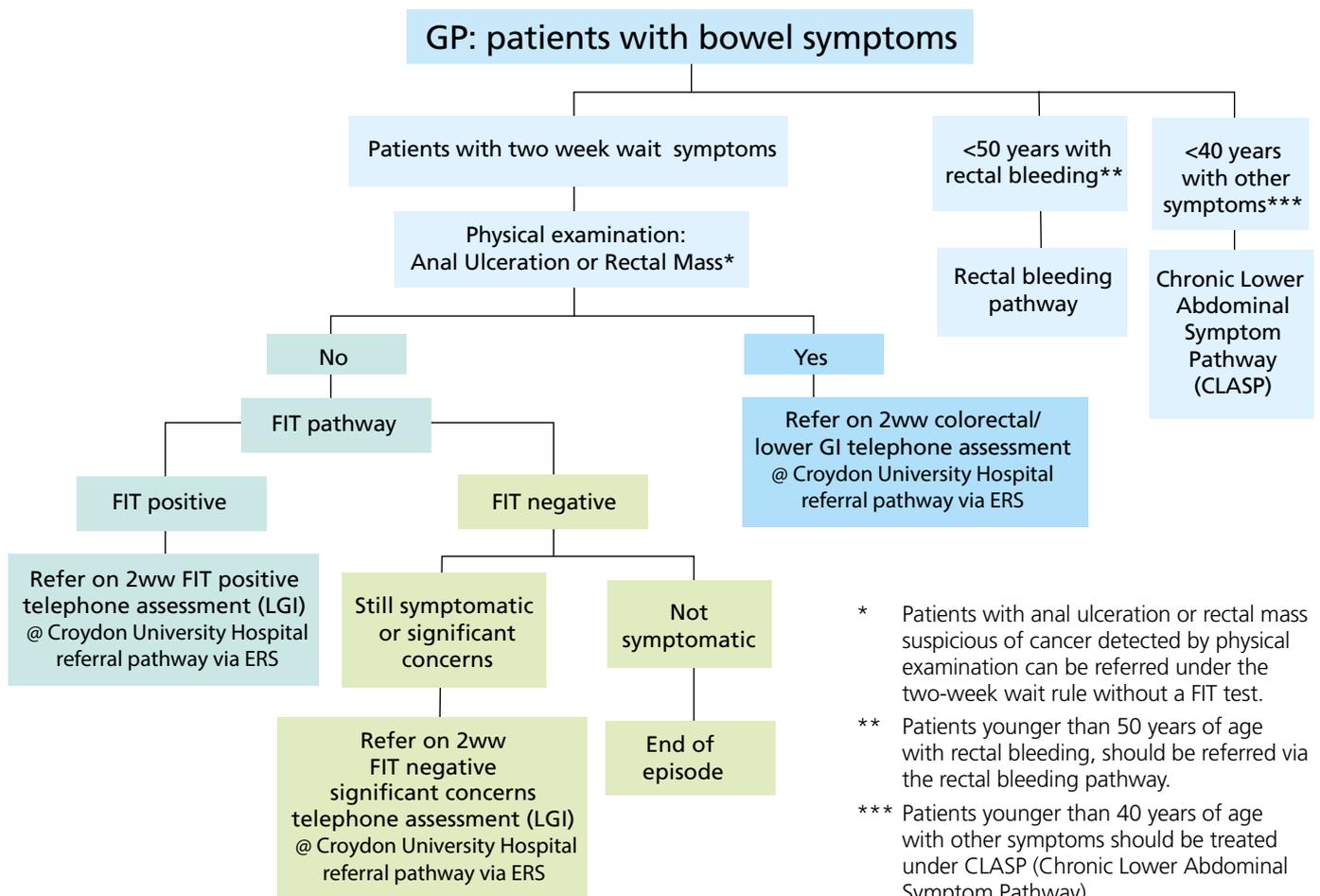
## Background

The faecal immunochemical test, or FIT, is a simple, at home stool test, and replaces the previous guaiac FOBT test. FIT has been studied in over 10,000 patients with suspected bowel cancer symptoms from all over England as part of the NICE-FIT multicentre study. Results show that it can accurately rule out the presence of colorectal cancer in 99.7% of cases, making it a highly effective diagnostic test. Therefore, patients with suspected cancer symptoms and a negative FIT will not require any invasive colonic testing.

Earlier this year, Croydon CCG successfully introduced the use of FIT in low risk symptomatic patients, in keeping with NICE's DG30 national guidance. Croydon CCG, in collaboration with Croydon University Hospital and RM Partners, the west London Cancer Alliance hosted by The Royal Marsden, is now implementing FIT for high risk symptomatic patients, streamlining the diagnostic pathway for all patients with symptoms suspicious of colorectal cancer.

This new service will improve both GP and patient experience by reducing unnecessary colonoscopies, potentially freeing up capacity to support earlier diagnosis of colorectal cancer through screening.

## Croydon FIT Pathway



\* Patients with anal ulceration or rectal mass suspicious of cancer detected by physical examination can be referred under the two-week wait rule without a FIT test.

\*\* Patients younger than 50 years of age with rectal bleeding, should be referred via the rectal bleeding pathway.

\*\*\* Patients younger than 40 years of age with other symptoms should be treated under CLASP (Chronic Lower Abdominal Symptom Pathway)

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## Patient eligibility criteria

- Any age with suspicious/unexplained abdominal mass
- $\geq 40$  years with unexplained abdominal pain and weight loss
- Any age with unexplained iron deficiency anaemia
- $\leq 50$  years with rectal bleeding with any of the following unexplained symptoms:
  - Abdominal pain
  - Change in bowel habit
  - Weight loss
  - Iron deficiency anaemia (attach results)
- $\geq 50$  years with unexplained rectal bleeding
- $\geq 50$  years with unexplained abdominal pain or weight loss
- Any age with unexplained change in bowel habit
- $\geq 60$  years with unexplained anaemia even in the absence of iron deficiency

If anal ulceration or rectal mass that is suspicious of cancer is detected by physical examination, patients can be referred under the two-week wait rule without a FIT test. Patients younger than 50 years of age with rectal bleeding, should be referred via the rectal bleeding pathway. Patients younger than 40 years of age with other symptoms should be treated under the Chronic Lower Abdominal Symptom Pathway (CLASP).

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## Using FIT

- Each GP practice in Croydon will have FIT packs from NHS South West London (SWL) Pathology as part of the DG30 roll out. If further packs are needed, please request from SWL Pathology.
- Complete the request form on Sunquest ICE, print and insert into the FIT packs for the patient to complete at home.
- Test instructions will need to be printed off and included in the pack, along with a patient feedback card that will be provided to practices.
- Tests must be labelled with the patient's first name, surname, date of birth, and the date of collection for it to be accepted by the laboratory and analysed.
- Advise patient to return the FIT pack back to the GP practice within 3 working days, where it will be sent to SWL Pathology via the standard transport channels.
- FIT results will be reported in 2 working days via the online portal Pathology Messaging Implementation Programme (PMIP), where electronic pathology results are sent from the laboratory to the relevant Primary Care clinician.
- Practices will need to keep a record of when a FIT test is administered to enable effective safety netting and may wish to use the FIT Safety Netting Audit Log available.

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## Information and Support

For any clinical queries relating to FIT contact: [anthony.brzezicki@nhs.net](mailto:anthony.brzezicki@nhs.net)

For any non-clinical queries relating to FIT contact: [ch-tr.2wwgitelephonetriage@nhs.net](mailto:ch-tr.2wwgitelephonetriage@nhs.net)

For more information about the test kit contact: [SWLPBusinessDevelopment@stgeorges.nhs.uk](mailto:SWLPBusinessDevelopment@stgeorges.nhs.uk)

For more information about FIT the following website might be of interest:

[www.faecal-immunochemical-test.co.uk/](http://www.faecal-immunochemical-test.co.uk/)