

PATIENT INSTRUCTIONS FOR COLLECTING YOUR SAMPLE

BEFORE YOU BEGIN

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

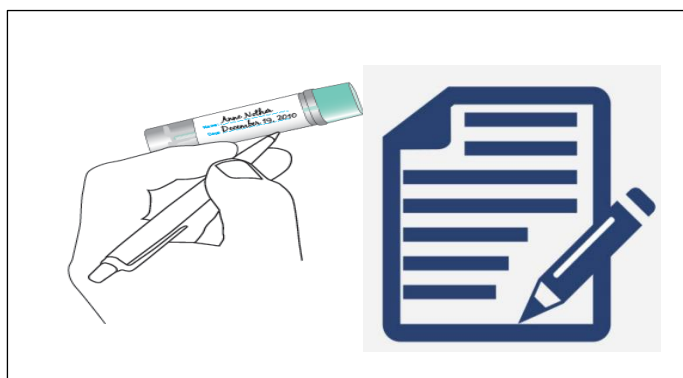
Do not do the test when you are menstruating (having your period), wait until it has finished and then do the test. Please use blue/black pen.

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

The FIT kit includes a test tube sample, green pouch and request form. 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



Patients from Sutton, Merton, Richmond, Kingston, Wandsworth and Surrey Downs (Epsom & East Elmbridge): Your label will be provided on the request form. Remove the label and stick on the test tube. Please check they are correct, then write the **DATE** you collected your stool (poo) where indicated on the request form.

Patients from Croydon: please **write** your (N) **NAME**, (A) **DATE OF BIRTH** and the (D) **DATE** you collected your stool (poo) where indicated on the request form.

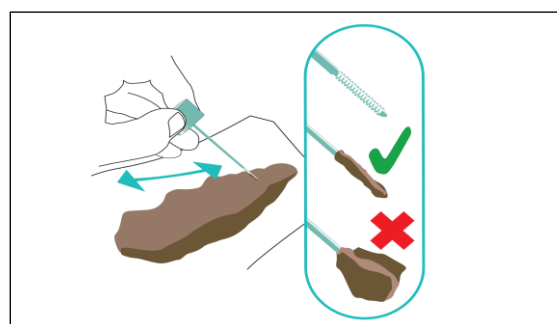
3. Take a sample of your stool (poo) with the extraction device

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

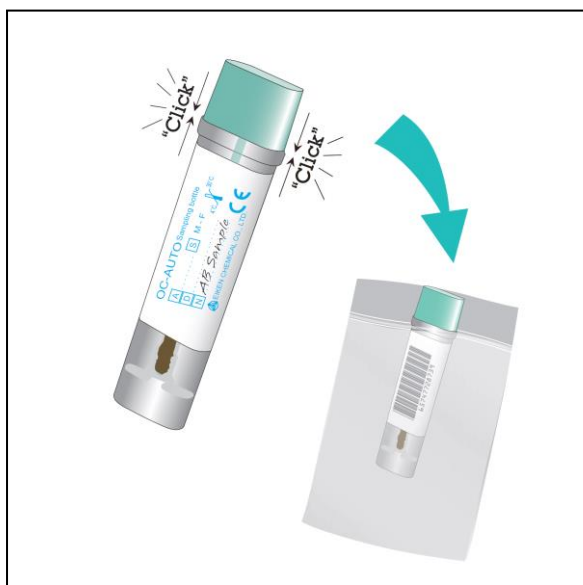
2. How to catch the stool (poo) sample



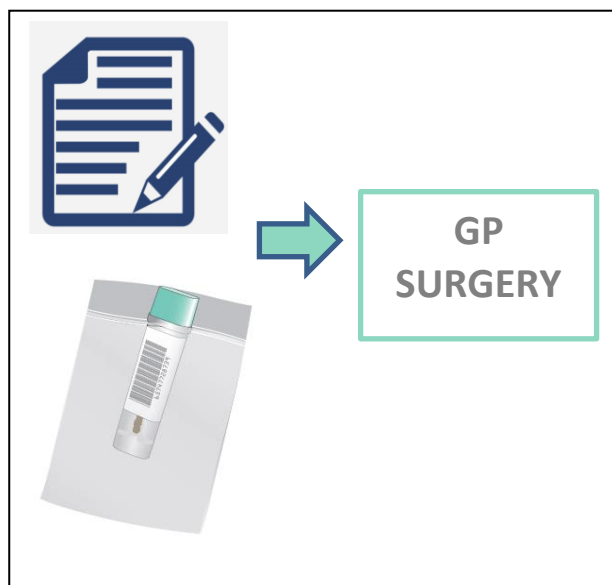
It is important that your stool (poo) sample does not touch the toilet water.



4. Close and seal the test tube sample



5. Hand in your sample



Replace the sample stick back into the tube. Make sure that the tube clicks closed and place it in the plastic bag along with the request form. Please check you have written the sample collection date

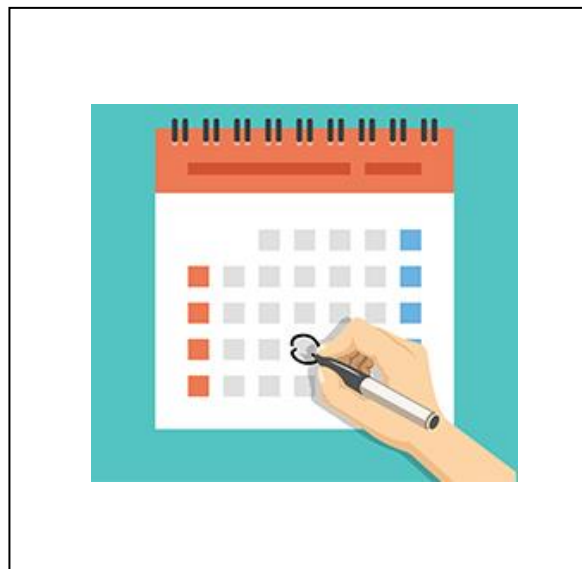
Don't forget to wash your hands!

6. Results

Your practice will receive the result within 7 days and they will contact you thereafter to talk about the result if this was agreed in your consultation.

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

If your result was normal/negative but you are still experiencing symptoms, please contact your practice to book an appointment.



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