

# How to complete your FIT

## (faecal immunochemical test)

You have been given this test kit to help work out the cause of your symptoms.

FIT is a test that looks for blood in a sample of your poo.

It looks for tiny traces of blood that you might not be able to see.



1

**Get ready** – collect what you need to catch your poo before you sit on the toilet.



2

**Write your name, date of birth and the date you collect your poo on the label.**

Use a black or blue pen.

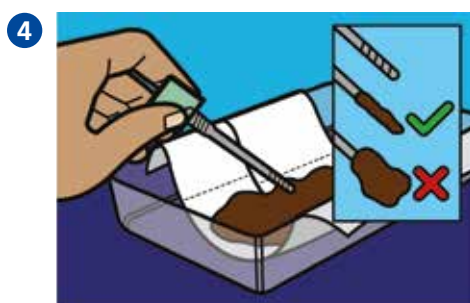
If your details are already on the label, please check they are correct.



3

**Collect your poo** – we've given you some ideas for how to do this on the opposite side of this leaflet.

Do not let your poo touch the water or toilet.



4

**Twist the cap to open the sample bottle.** Scrape the stick along the poo until the grooves are covered. You only need a little poo to test. Please do not add extra.



5

**Put the stick back in the bottle and click the cap to close it.**

Do not reopen the bottle after use. Please wash your hands.



6

**Return the completed kit as soon as possible.**

Your doctor will have told you whether to take your completed kit to them or post it to the lab.

# Tips for collecting your poo

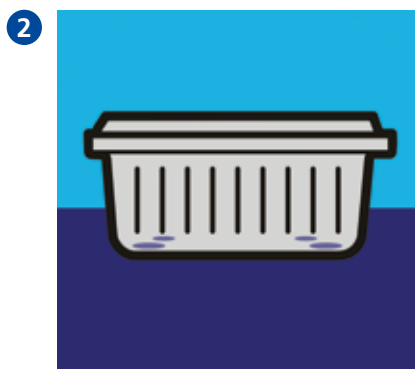
Here are some ideas to make collecting your poo a bit easier.

Why not practise and work out which method you find the easiest?

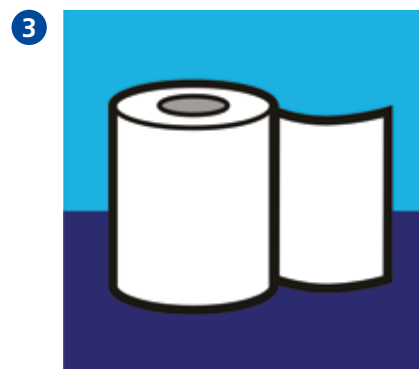
Do not let your poo touch the water or toilet.



1 Cling film over the toilet  
(remember to leave a dip)



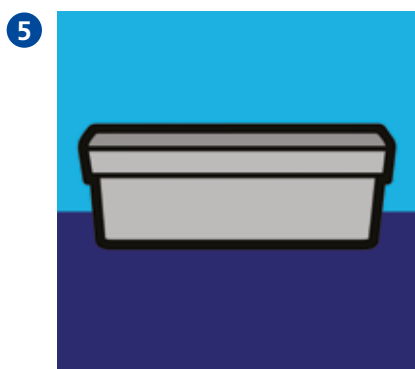
2 A carton that  
grapes come in



3 Folded toilet paper  
in your hand



4 A clean empty margarine  
or ice cream tub



5 A clean empty  
takeaway container



6 A plastic bag over your hand,  
or a glove

7 Once you have collected your poo, use your test kit and  
**return the sample as soon as possible.**