



# PATIENT INSTRUCTIONS FOR COLLECTING YOUR SAMPLE

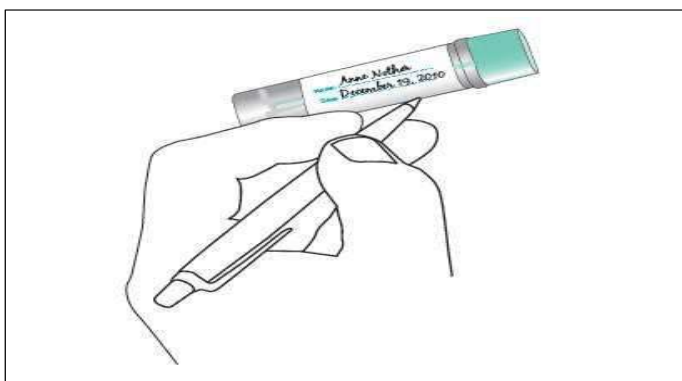
## Before you begin.

Use a black or blue pen (a fibre-tipped pen is best) to write YOUR NAME, DATE OF BIRTH and the date you collected your sample on the label. (Some GP practices will do this for you) Check the details on the label are correct. Do not do the test when you are menstruating (having your period) -wait until it has finished to take the test. **Please complete this test as soon as possible.**

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

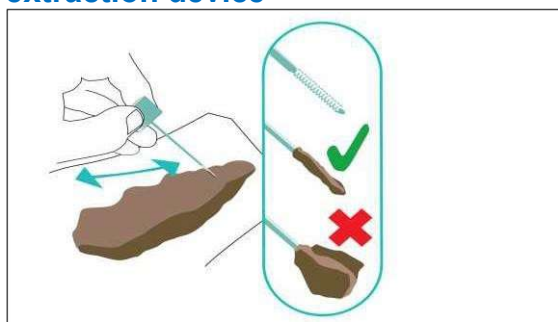
Your GP has ordered this test for you as part of the investigation of your symptoms. Tell your GP if you are due to travel or go on holiday. The FIT kit includes a small plastic container. You should complete the test and return this to your GP practice as soon as possible. Please follow the step-by-step instructions to collect your stool.

## 1. Label your sample



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

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



Unscrew the top of the sample tube anticlockwise, (the top will have a stick attached to it) remove the stick and **scrape the end of the stick along the stool**

Only a very small amount of your stool is needed on the stick.

## 2. How to catch your stool sample



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

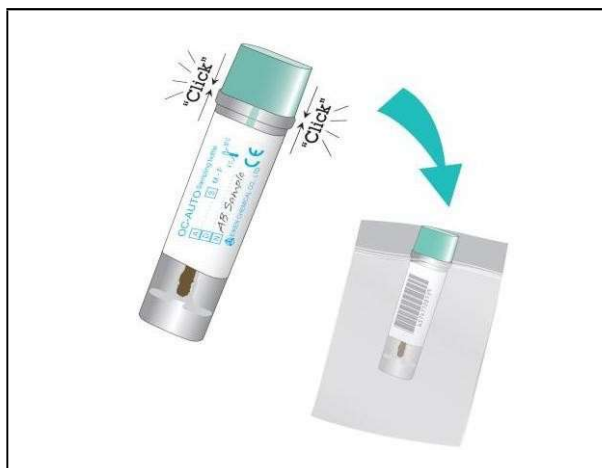
There are different ways to collect your poo:

- 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 your stool into the toilet after.

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

**PLEASE WRITE THE DATE THE SAMPLE WAS TAKEN ON THE SAMPLE TUBE**

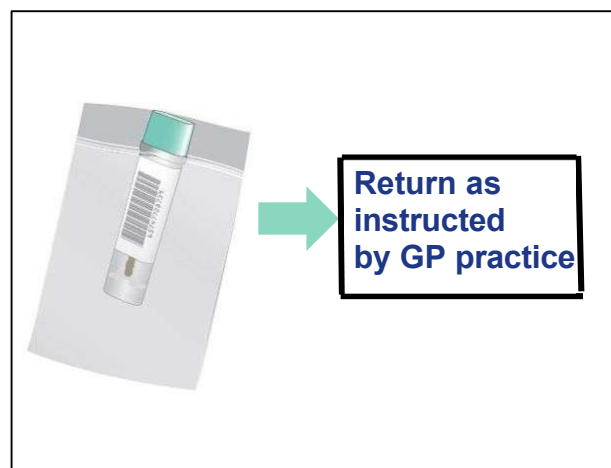
#### 4. Close and seal the container



Replace the sample stick back into the tube. Make sure that the tube is screwed tight, sometimes they click closed, and place it in the plastic bag.

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

#### 5. Return your sample



Please return your test as soon as possible, as instructed by your GP practice. Remember to include the test request form with your sample.

#### 6. Results

Your GP will receive the result.

Make a note on your calendar, and if your symptoms continue, contact the practice 10 days after you have provided the sample to discuss the results and next steps.



**PLEASE CHECK YOU HAVE COMPLETED ALL THE STEPS**

**PLEASE RETURN YOUR TEST AS SOON AS POSSIBLE. AS INSTRUCTED BY YOUR GP**

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 [cpicb.eoecancerallianceteam@nhs.net](mailto:cpicb.eoecancerallianceteam@nhs.net)