

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.

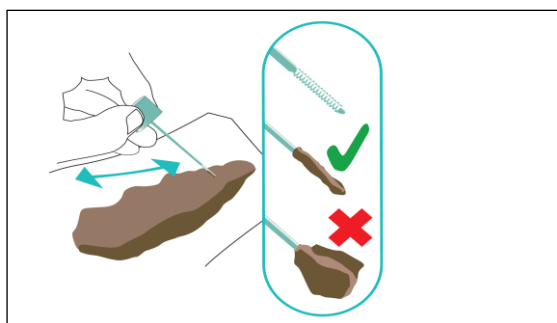
The FIT kit includes a small plastic container. You should complete the test and return this to your GP practice as soon as possible. Please follow the step by step instructions to collect your stool (poo).

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.

