

You have been asked to do a FIT test by your GP because you have some symptoms, such as unexplained weight loss, tummy (abdominal) pain or going to the toilet more often than usual. This test will look for any blood in your poo and can detect small traces of blood that you cannot see. Blood in poo can be a sign of bowel cancer, but it is more commonly due to something else. Most people who are asked to do a FIT test do not have bowel cancer, but for those who do, detecting it early means the best chance of a full recovery.

## This leaflet will help answer the following questions:

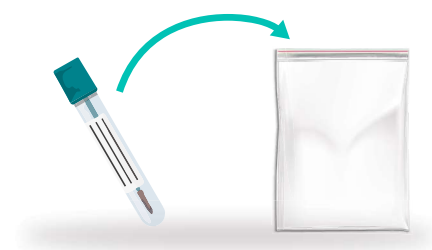
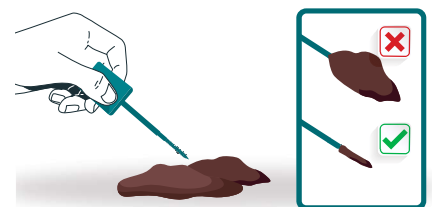
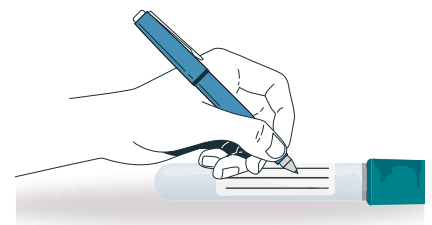
- How do I do the FIT test?
- What will happen next?
- Is this a part of the bowel cancer screening programme?
- What can I expect from my results?
- Where can I find more information and support?

### How do I do the FIT test?

You do not need to do anything to prepare for this test.

**The test should come with instructions so please follow these.** We have also included some general steps below to help walk you through the test if needed:

- **Label your sample** with your full name, date of birth and the date you took the sample, using a black or blue pen. If this information has been filled out for you, please check all the information is correct.
- **Try one of the following options to collect your poo sample:** (being careful not to let your poo sample touch the toilet water):
  - Poo into a clean and disposable container, lined with toilet paper
  - Hold toilet paper in your hand
  - Place a clean and disposable bag or glove over your hand
- **Use the extraction device provided to take a sample of your poo.** Turn the sample tube lid anti-clockwise to unscrew, remove the stick and use this to remove a small amount of the poo.
- **Secure the sample in the container.** Put the sample stick back into the tube and turn the lid clockwise to securely seal the container. Put the tube in the plastic bag provided.
- **Wash your hands thoroughly.**
- **Return your sample.** Your GP will have advised you whether you need to hand your sample into your GP practice or return it by post.



## Patient safety notice

- If your symptoms change, progress, or worsen please inform your GP practice urgently. If you can't contact your GP practice, please contact 111 or go directly to your nearest Accident and Emergency department.
- Check that your GP practice has your most up-to-date contact number and address.
- If you will need a translator for your appointment, please contact the clinic or hospital directly to let them know beforehand.
- If you are worried about a family history of bowel cancer, please speak to a GP for advice.

Please do not do the test if you are bleeding as part of your menstrual cycle, wait until this has finished and then do the test. Please complete the test as soon as possible to reduce any delays with receiving your results and confirming the next steps. If you have any questions about how to do the test or why you are being asked to complete the test, please contact your GP practice.

## What will happen next?

Your results can take up to 10 days to come back. If you have not heard from your GP practice within 2 weeks, please contact them.

## Is this part of the bowel cancer screening programme?

No, this is separate. Your GP has asked you to complete this test because you have abdominal symptoms. You need to complete this test even if you have recently done a sample for the bowel screening programme.

## What can I expect from my results?

If your poo sample does not contain any blood or only a very small amount, this suggests that bowel cancer is very unlikely. Your GP will discuss the next steps with you and explain if any further tests are needed. If your poo sample does contain blood then this does not necessarily mean you have bowel cancer. Blood in the poo can be caused by non-cancerous conditions such as piles, for example. It does mean that you may need further tests to look for the cause of your symptoms. This is usually a test to look inside your large bowel, called a colonoscopy.

## Where can I find more information and support?

You can access further information and support through [Bowel Cancer UK](https://www.bowelcanceruk.org).

Being asked to do a FIT test may make some people feel worried or anxious, so please do speak to friends or family or your GP, if this feels helpful.

**If you have any questions or concerns, please speak to your GP practice.**