



OC-Sensor  
The World's No.1 FIT

# Faecal Immunochemical Test: Step-by-step instructions.

## What is a Faecal Immunochemical Test (FIT)?

The Faecal Immunochemical Test [FIT] detects small amounts of blood in your poo sample, which you would not normally see or be aware of.

Your GP has asked you to collect a faecal (poo) sample using the enclosed special device. This test looks for tiny amounts of blood in the poo which can't be seen by the naked eye. This test can be done at home and you may wish to wear disposable gloves when you do it. It will tell the doctor if there is any blood, and if so how much.

## How do I collect my sample?

Collecting your sample is very simple and hygienic. We only need a small amount of poo for the test, please follow the instructions on the back of this leaflet.

## What if I am unable to produce a normal poo?

Ideally, you should wait to collect your sample from a normal (formed) poo. If a normal poo is not possible, please repeat the sample collection process into the same bottle or speak with your GP for more information.

## What do I do with my collected sample?

Please return your sample in the prepaid envelope provided as soon as possible.

## What happens next?

Your GP will contact you with the results of the test. They will then discuss the next steps with you, if the test is positive then further tests may be arranged to find the source of the bleeding.

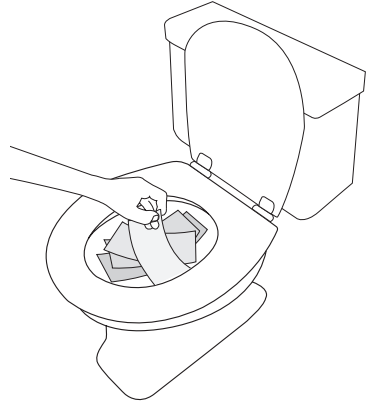
# How to do your test

1



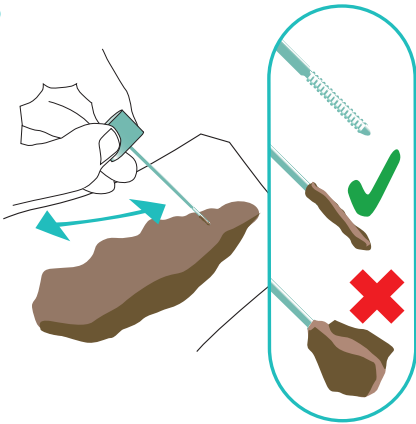
- Clearly write your sample collection date on the label or specimen request form if provided.

2



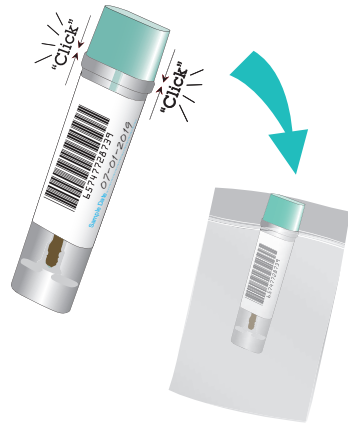
- Place a few sheets of toilet paper in the bowl, or collect the poo in an unused disposable container.

3



- Collect sample by scraping the green stick along the poo until all the grooves are covered.
- We only need a little poo to test - **please do not add extra!**

4



- Put stick back in container and 'click' the green cap to close it.
- Do not repeat the collection.
- Flush toilet paper and wash hands after use.

**Return your sample (along with the sample request form if provided by your GP) in the prepaid envelope as soon as possible.**

Please contact your GP if you have any questions or require further help to complete your test.