

Wellington Medical Practice  
**GP Partners**  
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Patient Information Leaflet

Faecal Immunochemistry Test (FIT)

* FIT (Faecal Immunochemistry Test) is an investigation that is looking for the presence of blood in the faeces (stools) where it is in too small an amount to be visible.
* Small amounts of non-visible blood (Occult Blood) can be associated with abnormalities of the bowel, including undiagnosed cancers of the bowel.
* Your clinician has ordered this test or you, as part of the investigation of your symptoms.
* You will receive a small packet by post, within 5 working days of your recent appointment that contains an easy-to-use kit with full instructions enclosed.
* If this kit does not arrive within 7 working days, please contact your surgery for advice.
* The FIT kit consists of a small plastic container and stick.
* The stool sample is collected using the following method –
  1. Scrape the opposite end of the stick along the bowel motion,
  2. Put the stick back into the bottle.
  3. Click the bottle shut.
  4. Put the completed kit into the return, freepost packaging, and post the envelope.
* You should complete the test as soon as possible.
* The sample is then analysed at the laboratory and the result is sent to your clinician. It is important that you see your clinician to discuss the result 7 to 10 days after you posted the sample.
* The result can be positive or negative, occasionally, a repeat may be required at the laboratory.
* Your clinician will advise you of the result, and may refer you urgently for tests on your bowel, or continue to monitor your symptoms.
* Further information can be obtained by contacting your surgery.

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