

## 6) PACKAGING THE SAMPLE

Place the tube in the plastic bag provided and return it to your GP as soon as possible and within 24 hours of collecting the sample

If faeces is outside the collection tube the sample will be rejected.

Do check that you put the request form from your GP in the bag – if you do not have one get one from the GP practice.

For this test the lab aims to produce a result within 2 working days.

### PLEASE NOTE

The FIT tube should not be opened except when you need to take the sample. It contains a liquid that should be kept away from children and not swallowed.

Do not use the test if you are menstruating or have had some obvious fresh bleeding from piles.

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Blacking out. Blood loss.	Stepping Hill Hospital A&E or 999 Emergencies only

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**Patient and Customer Services**

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# Faecal test for blood (FIT): Collection instructions

**LABORATORY MEDICINE**

Patient Information Leaflet

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Following your visit to your GP Surgery your doctor has requested a FIT (faecal immunochemical test). This looks for hidden blood in your faeces.

The test result will help the team to further assess your symptoms and recommend appropriate treatment or if any further testing is required.

### 1) BEFORE YOU BEGIN

It is important to return the test as soon as possible. Please ensure that you can take the sample to your GP the same or the following day.

Before collection, write your first name, surname, date of birth and the date the sample was collected on the label of the sample tube.

### 2) HOW TO CATCH THE SAMPLE

It is important that your stool sample does NOT touch the toilet water. There are different ways to collect your sample, try:

- a) Several layers of folded toilet paper
- b) Hand inside a small plastic bag/glove
- c) A clean disposable container

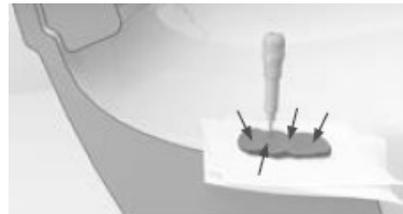


### 3) COLLECTING THE SAMPLE

Remove the green cap from the sampling tube.



Stick the green collector stick into the stool sample, not too deep, at four different points.



Scratch the surface of the stool with the green collector stick in a cross-wise motion movement.



### 4) ENSURING THE SAMPLE IS CORRECT

Ensure that only the grooves of the stick are covered with the stool sample.



Replace the stick back in the tube and screw the green cap on tightly; invert the tube a few times to mix the specimen.



### 5) WASH YOUR HANDS



Instructions continue overleaf...