

# Patient instructions for completing a Faecal Immunochemical Test (FIT)

If you would like more information about FIT testing visit [www.nbt.nhs.uk/FIT\\_testing](http://www.nbt.nhs.uk/FIT_testing)

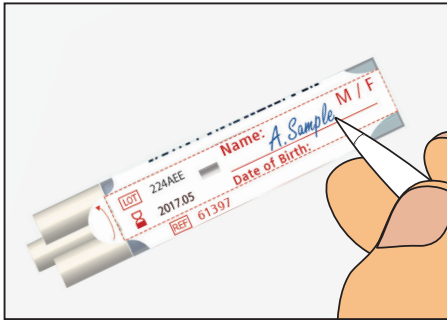


**North Bristol**  
NHS Trust

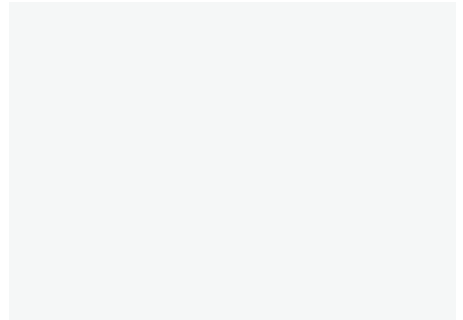
## BEFORE YOU BEGIN....

### How to Collect Your Stool Sample

#### Start Here...



**1** Write your name and date of birth on the tube labels as shown here.



**2** Write your name and date of birth AND the date that the sample was taken on the label on the green bag.

#### **3** HOW TO CATCH THE SAMPLE

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

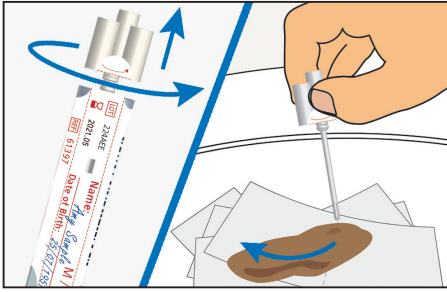
- A. Several layers of folded toilet paper
- B. Hand inside a small plastic bag/glove
- C. A clean disposable container



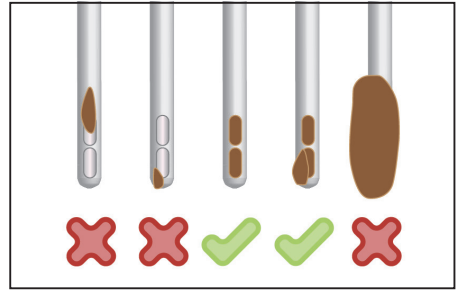
You may find a way that is easier for you, but make sure you catch your stool before it touches the water.

**NB: Please write the date of sample on the green bag.**

Instructions continued overleaf...



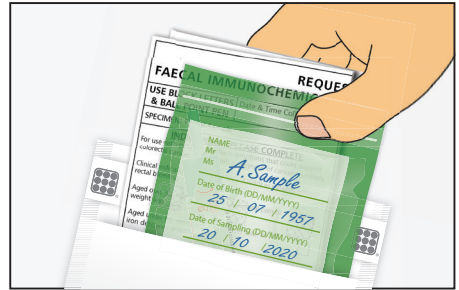
**4 COLLECTING THE SAMPLE**  
Unscrew the top of the sample tube anti-clockwise and scrape the end of the stick along the stool sample.



**5** Ensure that the end of the stick is covered in sample but do not coat the rest of the stick. Replace the stick into the sample tube and twist clockwise to close securely. Only do this ONCE.

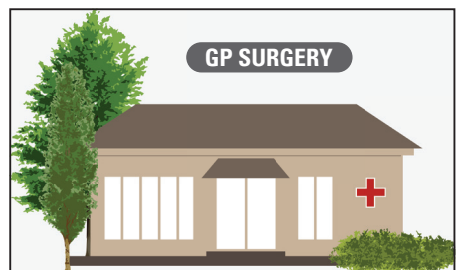


**6 PACKAGING THE SAMPLE**  
Place your sample tube into the green plastic bag and press along the seal.



**7** Place the green sample bag AND the GP request form inside the GP return envelope.

**8 RETURN YOUR SAMPLE**  
Seal the envelope and return it to your **GP surgery without delay**.



**Please check you have completed all the steps and return your sample to your GP surgery immediately**

Your test result will be returned directly to your GP within 10 days.  
If you have not heard from your GP within 2 weeks please contact them.