

HOW TO TAKE A FIT TEST....



FIT: Faecal Immunochemical Test.

This test is looking for traces of blood in your poo.

If blood is found you may need to have urgent tests to rule out bowel cancer.

It is important you return this test completed to your surgery as soon as possible.

STEP 1: keep the green end at the top

STEP 2: ensure the fluid remains in the bottom part of the test tube. (if it leaks out the test cannot be used). Do NOT open the white end.

STEP 3: collect some poo on a tissue or in a floating takeaway container. (you only need a small amount to do this test)

STEP 4: run the green ridges through some poo and replace the cap.

STEP 5: bring the completed test back to surgery ASAP for testing.



If you are unsure please speak to your surgery team for support.