

Where can I access further information and support?

If you have any questions about the FIT test, please speak to your GP.

Additional information can be found here about how to complete the test

<https://www.youtube.com/watch?v=il6VSceMWfM>

Top tips for completing the test



PRACTICE NAME

Address:
Telephone:
Email:
Website:

Faecal Immunochemical Test (FIT)

PATIENT INFORMATION LEAFLET

What do the results mean?

If the Faecal occult blood test is less than 10: If your result is $<10 \mu\text{g}$ it is very unlikely you have bowel cancer. You therefore do not need referral for suspected bowel cancer. If your GP is concerned that worrying symptoms persist, they may do further tests or refer you for specialist advice. This will be done in line with local arrangements.

If the Faecal occult blood test is more than 10: If your result is >10 , this does not necessarily confirm that you have cancer. There are other possible causes of bleeding and other follow-up procedures will need to be done to find the source of the bleeding. Your GP is likely to refer you for further investigations and this may be done urgently.

What are the benefits?

The FIT test is quick and hygienic. Only one faecal sample is required and is collected using a small collection device that is then re-sealed in its plastic vial ready for testing.

Using a FIT result, most patients would be informed that no further follow up is necessary and hence relieved straight away. The remaining would have the option of a prioritised process for colonoscopy and get their treatment solutions started sooner.

Which patients are eligible?

The main use for the FIT test is to find bowel cancer early. Blood in the stool may be the only symptom of early cancer. If the cancer is detected before it spreads to other areas, there is a greater chance it will be cured. The signs and symptoms of bowel cancer are not always easy to see. In some patients, these signs and symptoms are clearer, and your GP will request you are seen by the hospital urgently as a “two week wait referral” and you will be offered a FIT test. In other patients where the signs and symptoms are less clear your GP may think it is unlikely you have bowel cancer but wants to be more certain that this is the case. In these circumstances a FIT test will help them decide.

You also need to meet some other criteria to be offered the test; these criteria have been developed by the National Institute for Clinical Excellence (NICE) after reviewing all the evidence and you are considered to be one of the following:

- Over 50 with unexplained abdominal pain or weight loss
- Aged 50-60 with changes in bowel habit or iron-deficiency anaemia
- Aged 60 or over with anaemia without iron deficiency

How soon can I expect the results?

GPs will receive the results of the analysis within 7 working days from the date the test is sent to the laboratory. Your GP may then need to decide what is the next best step for you, but if you have not heard within 10-14 days, please contact the practice.

What is a FIT test?

The Faecal Immunochemical test (FIT) checks for blood in your faeces. A positive FIT test will tell your doctor that you have bleeding occurring somewhere in your gastrointestinal tract. This blood loss could be due to ulcers, bulges, polyps, inflammatory bowel disease, haemorrhoids (piles), swallowed blood from bleeding gums or nosebleeds, or it could be due to early bowel cancer. Anything that sticks out into the intestine, like a polyp or tumour, and is rubbed against by the faeces as it passes through, has the potential to bleed now and again. Often this small amount of blood is the first, and sometimes the only, symptom of early bowel cancer.

Normally, only a very small amount of blood is lost in the stomach or intestines. This is less than you can see in your faeces and is not enough to be detected with a FIT test.

How do I get tested?

Your GP will give you a pack containing all the information and equipment you need to collect your faecal sample and send it to the laboratory. Inside the pack you will find the:

- Collection device
- Request form
- Instruction sheet
- Return envelope

