



Faecal Immunochemical Test (FIT)

Understanding Your FIT Result



The Faecal Immunochemical Test (FIT) is a screening test and measures tiny amounts of blood that may be present in a stool sample. Blood in the stool can occur for a variety of reasons and does not necessarily indicate a serious condition.

What do FIT results mean?

< 25 ng/mL



Low result

A result below 25 ng/mL (<25 ng/mL) is considered a low result. No measurable blood, or only a very small amount was detected.

25-99 ng/mL



Blood detected

A result above 25 ng/mL indicates that blood has been detected in the stool sample. This does not mean that you have bowel cancer. Blood can be present for many reasons, including haemorrhoids (piles), inflammation, polyps, diverticular disease, or other bowel conditions. However, further assessment may be recommended, particularly if symptoms are present.

≥ 100 ng/mL



Higher amount detected

A result above 100 ng/mL indicates a higher amount of blood was detected. You should contact your GP promptly to discuss the result and whether further investigation or a referral is required.

FIT is an aid to assessment and should always be considered alongside your symptoms, medical history, and any advice provided by your healthcare professional.



Important: A low FIT result does not completely exclude bowel cancer. If you have persistent symptoms such as rectal bleeding, unexplained weight loss, ongoing changes in bowel habit, persistent abdominal pain, or unexplained iron deficiency anaemia, you should seek medical advice regardless of your FIT result.

For further information, please refer to the NICE guidance:
<https://www.nice.org.uk/guidance/htg690>