# Faecal Immunochemical Test (FIT) Instructions

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**Please read these instructions carefully and all the way through before attempting to collect your sample.**

# In order to take this test, you will need to produce a bowel motion.

## Please note



### Medication

Medications such as aspirin and anti-inflammatory drugs may cause stomach irritation, which can affect the test. If possible, and **only after consultation with your doctor**, these medications should not be taken three days before and during the time of sample collection.



### Diet

A high-fibre diet is recommended for three days before sample collection starts.



### Menstruation

This test should not be done whilst menstruating.

# Complete the tube label

## Before collecting your sample




## Example details

**N** **First name and surname:** Joe Bloggs

**A** **Date of birth:** 10/10/1980

**D** **Date of test:** 17/10/2026

**S** **Sex:** circle M for male

**Write clearly and complete all fields.**

# Collect your bowel motion

The test can be done at any time of day or night.



1. Put toilet paper into the toilet bowl to make it easier to collect your sample.
2. Perform your bowel motion.

It doesn't matter if your sample touches the toilet water or your urine.

# Wash and dry your hands

## Before handling the collection tube





1. Wash your hands with soap and water.
2. Dry your hands thoroughly.

# Open the collection tube

## Take the green collection tube




1. Twist the green cap to open.
2. Pull out the sampling stick.

# Collect your sample

## Only a small sample is needed




1. Collect your sample by scraping the sampling stick on your bowel motion (stool).
2. Continue until the end of the stick is covered.

# Close the collection tube

## Return the sampling stick to the tube




**1** Put the green sampling stick back into the tube.

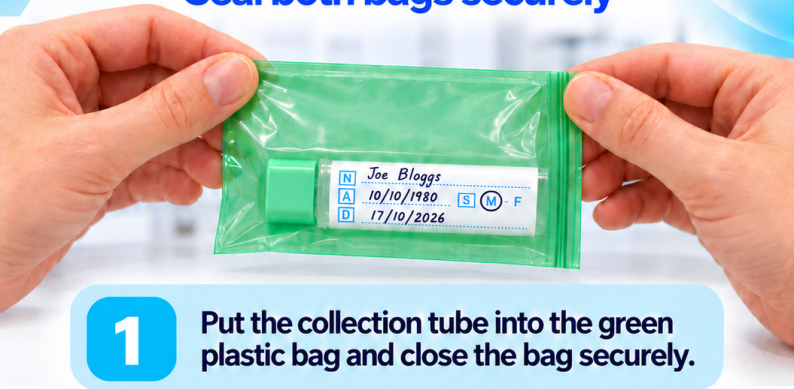
**2** Twist the green cap and push until you hear a click.

## Do not reopen the tube.

Wash and dry your hands.

# Pack your sample

## Seal both bags securely



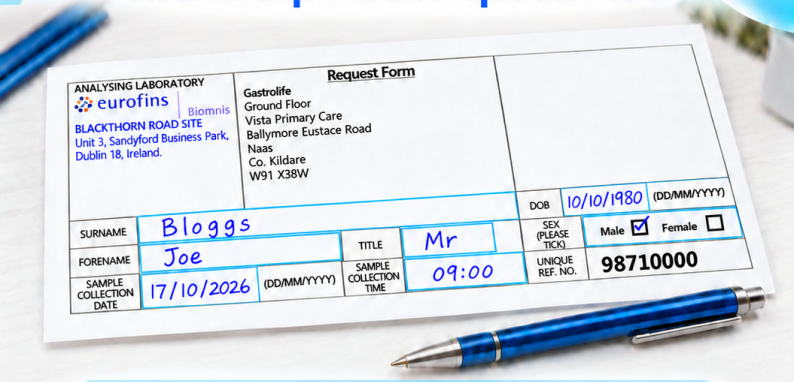

**1** Put the collection tube into the green plastic bag and close the bag securely.




**2** Insert the sealed green bag into the biohazard bag and seal it.

# Complete the Request Form

## Please complete all required details




- **Surname**
- **Forename**
- **Title**
- **Sample collection date**
- **Sample collection time**
- **Date of birth**
- **Sex (tick Male or Female)**

Your **unique reference number** will already be filled in on the Request Form.

Example shown: **98710000**

Check the Request Form is fully completed before returning your sample.

# Return your sample

## Use the white mailer bag provided




**1** Place the completed Request Form and sealed biohazard bag into the white mailer bag.

**2** Seal the mailer and post it back to the laboratory.

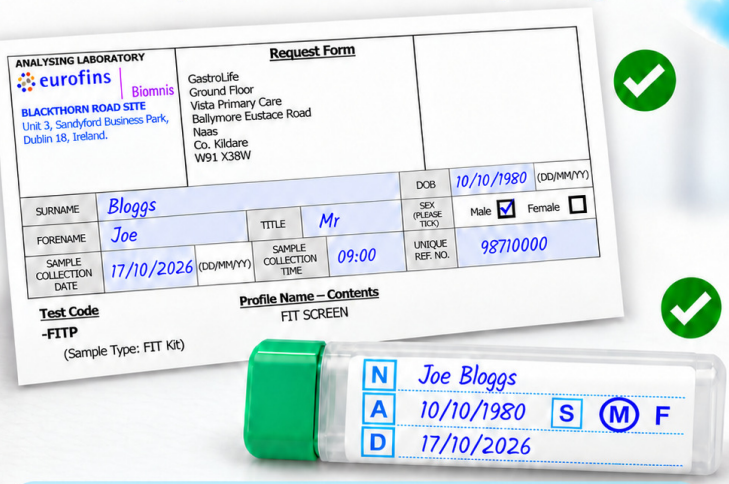


**No stamp required when returning via An Post from the Republic of Ireland.**

We suggest using the postbox outside a main post office, as other street postboxes may be collected less frequently.

# Important reminder

## Complete all details before posting

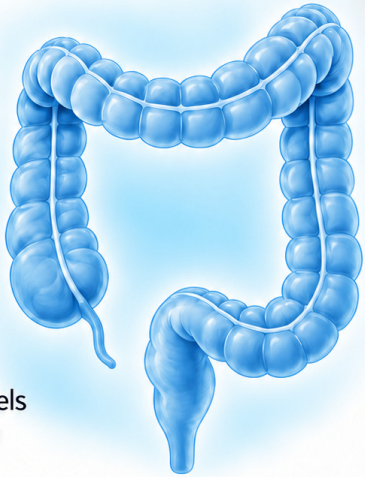



**Ensure that the Request Form and collection tube are fully labelled as instructed in this booklet.**

**If your sample is received unlabelled or a completed Request Form is not included with your kit, the laboratory will reject the sample. A retest fee will apply for a replacement testing kit.**

# Bowel Cancer Screening

Also known as the Faecal Immunochemical Test (FIT). The FIT test screens for bowel (colorectal) cancer, it checks for hidden blood in one's stool.



The concept of the FIT test is that blood vessels in large colonic polyps or cancers are usually delicate enough to be injured easily by passing stool, resulting in small quantities of blood released from those vessels which can be detected through FIT testing.



**We always advise that if you have symptom concerns or changes in bowel pattern, always consult with your medical practitioner.**

# 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

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## Contact Info


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