

# Patient Instructions for completing the FIT stool test kit

Your Doctor/Medical Practitioner has requested that you complete a FIT stool test kit. This test looks for tiny amounts of blood in the stool. This test will help your Doctor assess your symptoms and if further tests are required.

Along with this instruction sheet, your testing kit should include a FIT test kit.

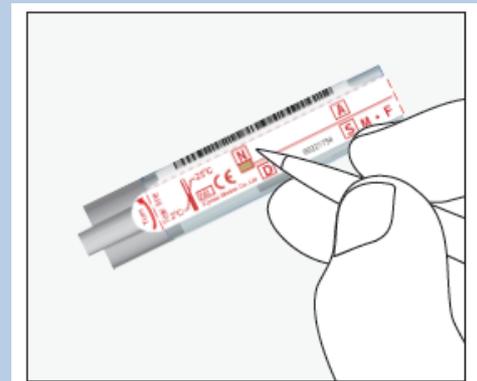
- Your Doctor should have applied a label to this test kit which includes your name and date of birth and a space to write the date of sample when collected.
- Once complete, the sample can be returned to your GP practice in the specimen bag that the test kit was provided in.

Please follow the instructions below carefully

# 1

Write the date of the sample on the test kit in the space provided on the label

This is very important—failure to do so may result in your test kit NOT being tested



# 2

There are a few different ways to collect your sample. For example...

Use several layers of folded toilet paper or a paper plate

Catch the stool or poo in a clean, disposable container



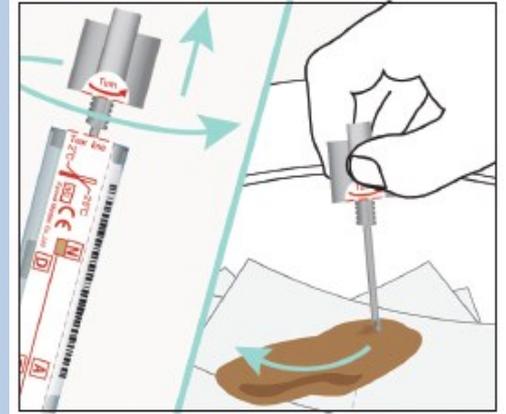
It is very important that the stool sample or poo does not go into the toilet water.

**INSTRUCTIONS CONTINUED OVERLEAF.....**

## .....INSTRUCTIONS CONTINUED

# 3

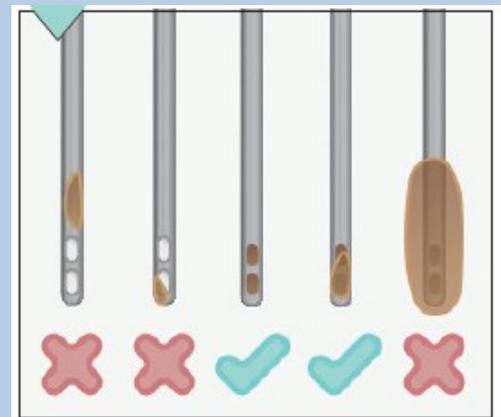
Unscrew the top of the sample tube, by turning anti-clockwise and scrape the end of the stick along the stool sample



# 4

Ensure the end of the stick is covered in sample but not excessively so.

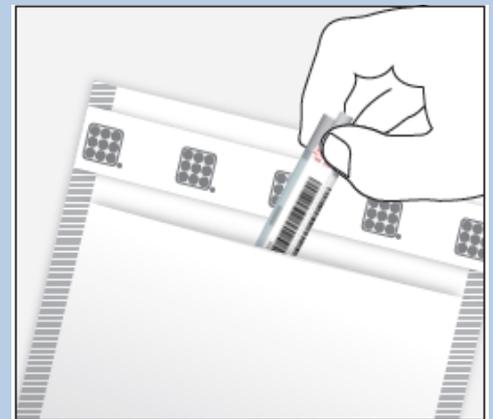
Replace the stick into the tube and twist



# 5

Place the tube back in the bag provided along with any test request forms.

Return to your GP as soon as possible— ideally on the same day as the sample collection.



If this is not possible, store the sample in a cool, dry place and away from direct sunlight and return as soon as possible.

A demonstration video is available

To watch the video visit:  
[www.youtube.com/watch?v=NOhixkf4tw](https://www.youtube.com/watch?v=NOhixkf4tw)  
or scan the QR code below.

