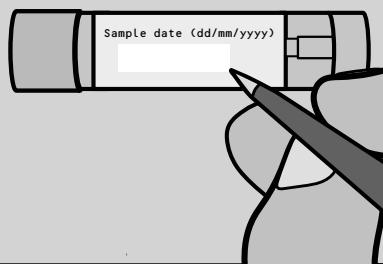


**What is this test?** Your Doctor or Nurse has asked you to complete a FIT poo test to find out more about your symptoms. This test looks for tiny amounts of blood in the poo, this can be a sign of bowel cancer. This test will help your doctor decide if further tests are needed. The test kit will be posted out direct to your home address. Once you receive it, please follow the procedure outlined below. **Write the date you do the test in the space provided on the tube. Put the completed test in the prepaid envelope and post in any standard Royal Mail post box as soon as possible.**

## Follow the 6 steps to do the test kit

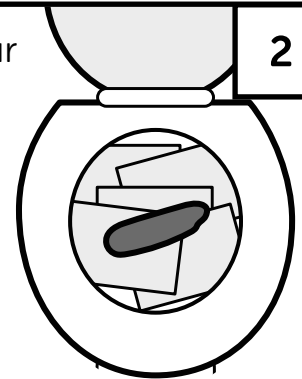
Write the date you do the test in the space provided on the tube. Your name and date of birth will already be on the tube.



1

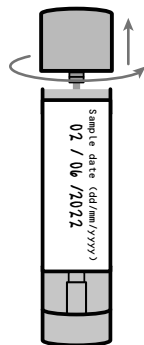
You need to collect your poo. **It is important the poo does not go into the toilet water before the test. You could:**

- Use several layers of folded toilet paper
- Catch the poo in a clean, disposable container.
- Catch it on your hand covered in a small plastic bag or glove.



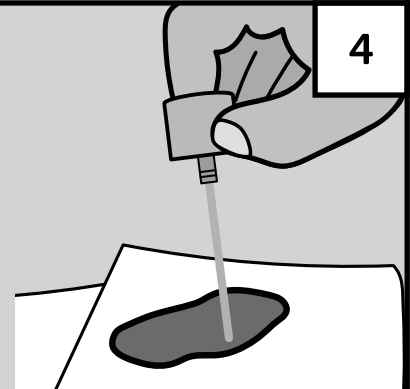
2

Twist the top off the tube without spilling the liquid.



3

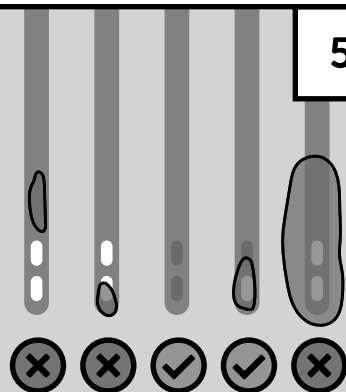
Scrape the end of the stick along the poo.



4

Make sure the end of the stick is covered in poo but not too much.

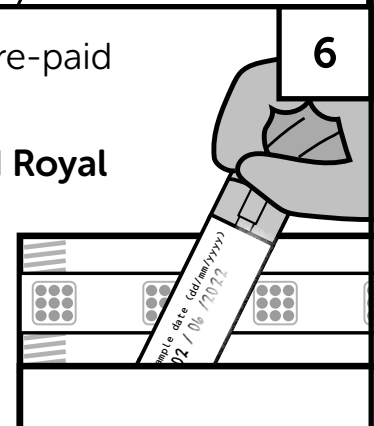
Put the stick back into the tube and twist to close properly.



5

Put the tube in the pre-paid envelope provided.

**Post in any standard Royal Mail post box as soon as possible.**



6

**What happens next?** Your GP will get the result of your test in about 1 week. Please contact them after 1 week to find out if other tests are needed. In case of damage to the tube, please contact [ghnt.nefit@nhs.net](mailto:ghnt.nefit@nhs.net) for a replacement.

**A video is available:** Completing a FIT test - Information for patients at [www.vimeo.com/375375647](http://www.vimeo.com/375375647) or scan the QR code opposite

