

# PATIENT INSTRUCTIONS FOR COLLECTING YOUR SAMPLE

## BEFORE YOU BEGIN

You have been asked to complete this test as soon as possible.

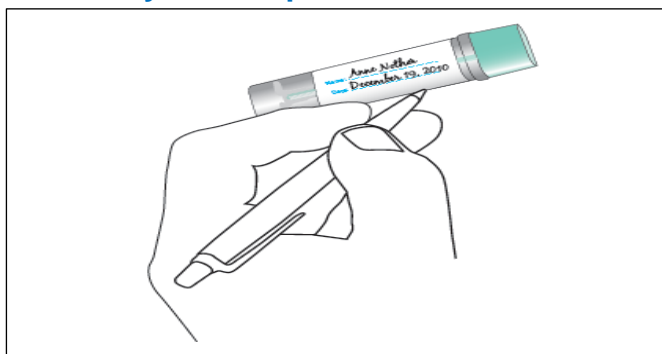
Use a black or blue pen to write **YOUR NAME**, **YOUR DATE OF BIRTH** and **NHS HOSPITAL NUMBER** on the label.

FIT (Faecal Immunochemical Test) is an investigation that looks for the presence of blood in the stools (poo) when it is too small an amount to be visible.

Your clinician has ordered this test for you as part of the investigation of your symptoms to rule out cancer.

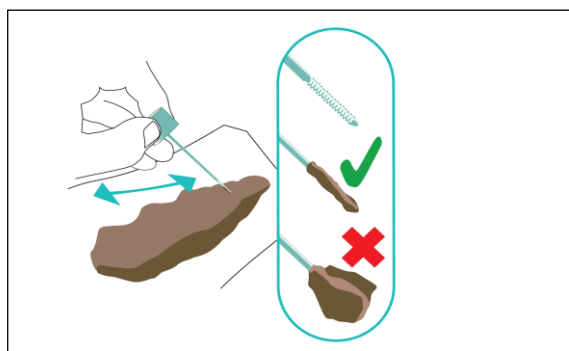
The FIT kit includes a small plastic container. You should complete the test and return this to your GP practice or drop off location below as soon as possible. Please follow the step-by-step instructions below to collect your stool (poo).

### 1. Label your sample



Write your **FIRST NAME** and **SURNAME (N)**, **DATE OF BIRTH** not age (A) and **NHS HOSPITAL NUMBER** along with the **DATE (D)** you collected your stool (poo) where indicated using a black or blue pen. If the label already has your details on it please check they are correct.

### 3. Take a sample of your stool (poo) with the extraction device



Unscrew the top of the sample tube anti-clockwise, remove the stick and **scrape the end of the stick along the stool (poo)**. Only a very small amount of the stool (poo) is needed on the stick.

### 2. Ideas about how to catch the stool (poo) sample



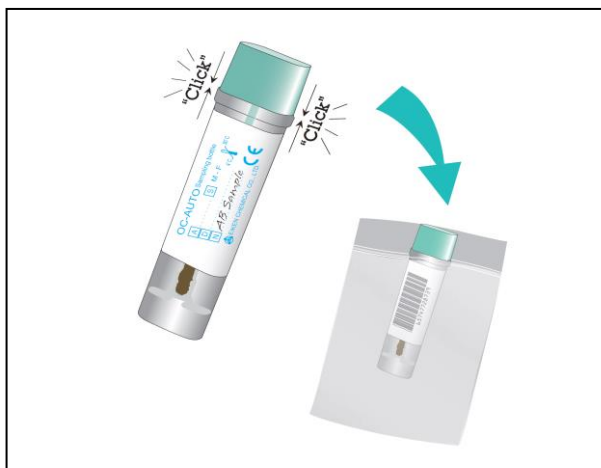
**It is important that your stool (poo) sample does not touch the toilet water.**

There are different ways to collect your poo, try:

- Hold folded lengths of toilet paper in your hand.
- Put a small, disposable plastic bag/glove over your hand.
- Poo into a clean, disposable container lined with a sheet of toilet paper so that you can easily slip the stool (poo) into the toilet after.

You may find a way that is easier for you, but make sure you catch your stool (poo) sample before it touches the water.

#### 4. Close and seal the container



Replace the sample stick back into the tube. Make sure that the tube clicks closed and place it in the plastic bag with your request form.

**Don't forget to wash your hands!**

#### 6. Results

The hospital will process the sample and communicate the results to the appropriate clinician or your GP and yourself within 10 days. Make a note on your calendar, if you have not heard from us in two weeks, please contact [Fit.NEL@nhs.net](mailto:Fit.NEL@nhs.net) or call 020 8519 3999. If blood is found in your poo this does not necessarily mean you have cancer, but you will need to be seen for further investigations. For further information about bowel cancer please contact:

**Bowel Cancer UK:**

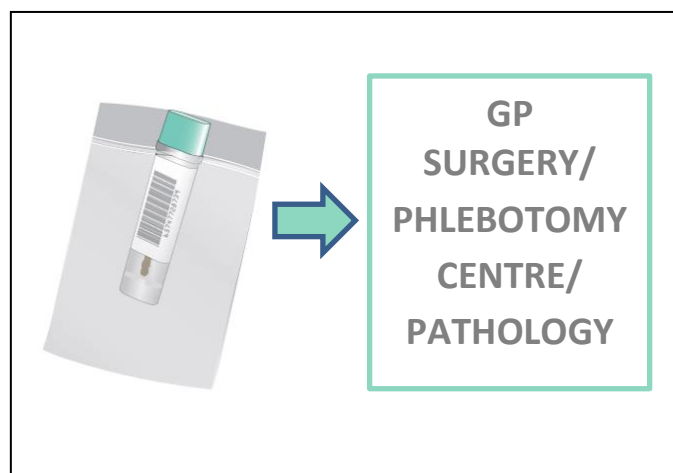
<https://www.bowelcanceruk.org.uk/about-bowel-cancer/diagnosis/visiting-your-gp/>

**Macmillan Cancer Support 0808 808 0000**

**Cancer Research UK 0808 800 4040**



#### 5. Hand in your sample



Take your sample to your GP practice or drop off location below. Please submit the sample **within 7 days**.

### WHAT TO DO WITH YOUR SAMPLE

Please drop your sample at **your GP surgery** or at one of the following locations:

**St Bartholomew's Hospital:** Clinic 1, King George 5th Wing (KGV)

**Mile End Hospital:** Outpatient Phlebotomy

**Newham Hospital:** Ground Floor, Zone 6, Health Central

**Royal London Hospital:** Outpatient blood test service (Second floor, North Tower)

**Wanstead Hospital:** Heronwood and Galleon Unit

**Whipps Cross Hospital:** Area 1 outpatients

**Newham:** Shrewsbury Health Centre (E7 8QP), Appleby Health Centre (E16 1LQ), Vicarage Lane Health Centre (E15 4ES), The Centre Manor Park (E12 6AQ)

**Waltham Forest:** St James Health Centre (E17 7NH), Silverthorn Medical Centre (E4 6UN), Langthorne Health Centre (E11 4HX), Forest Medical Centre (IG10 4PE)