

Remember if you get an abnormal result, it could be down to lots of different things. It doesn't necessarily mean cancer. But if it is cancer, catching it at an early stage means it is easier to treat successfully.

Even if you have completed your bowel screening test (if you are aged 60-74 years old) it is still important that you complete this test as it can identify more recent bowel changes and it is more sensitive than the bowel screening test.

If you have any questions, you can get in touch with us on: 01924 317000 (laboratory) or contact your GP practice.

Please contact your GP if this instruction pack is needed in an alternative format.

This information has been put together by the Pathology Department and the Cancer Management Team.
Acknowledgement to Sysmex Ltd for the use of their images.

This leaflet has been created in joint collaboration with:


North Kirklees
Clinical Commissioning Group


Wakefield
Clinical Commissioning Group

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, please contact the Patient Advice and Liaison Service on: 01924 542972 or email: pals@midyorks.nhs.uk

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cleanyourhands®
campaign 


SMOKEFREE

Dewsbury and District Hospital
Halifax Road, Dewsbury WF13 4HS

Pinderfields Hospital
Aberford Road, Wakefield WF1 4DG

Pontefract Hospital
Friarwood Lane, Pontefract WF8 1PL

 01924 541000

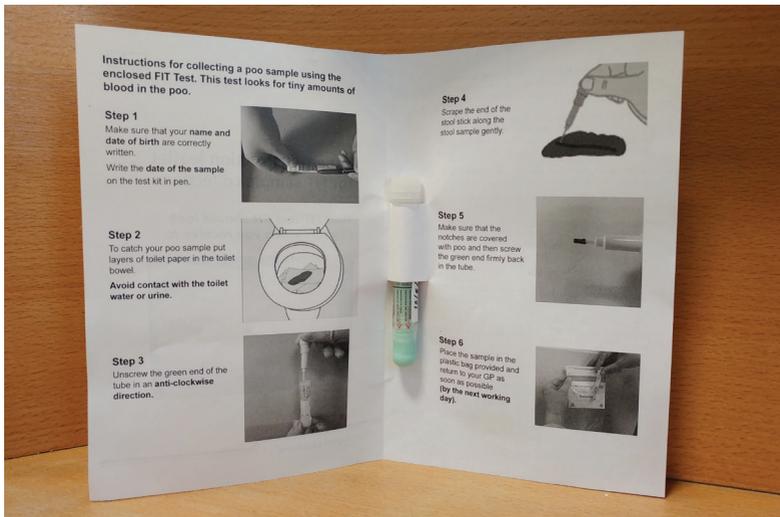
 @MidYorkshireNHS

 TheMidYorkshireHospitalsNHSTrust

 www.midyorks.nhs.uk

Patient instruction leaflet for FIT sample collection

Your FIT Test Kit should look like this when you receive it.



***Please scan the QR CODE
for instruction video***

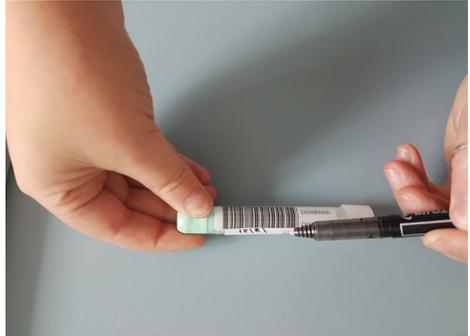


Instructions for collecting a poo sample using the enclosed FIT Test. This test looks for tiny amounts of blood in the poo.

Step 1

Make sure that your **name and date of birth** are correctly written.

Write the **date of the sample** on the test kit in pen.



Step 2

To catch your poo sample put layers of toilet paper in the toilet bowl.

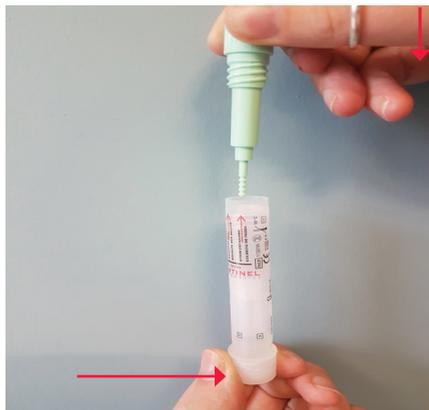
Avoid contact with the toilet water or urine.



Step 3

Unscrew the **green end** of the tube in an **anti-clockwise** direction.

*** Do not unscrew the white cap ***



Step 4

Scrape the end of the poo stick along the poo sample gently.

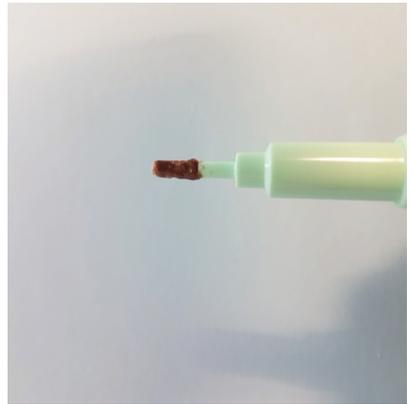


cut to go here
25mm wide



Step 5

Make sure that the notches are covered with poo and then screw the green end firmly back in the tube.



cut to go here
25mm wide



Step 6

Place the sample in the plastic bag provided and return to your GP as soon as possible **(by the next working day)**.

