

Instructional video

An instructional video on how you can collect your sample is also available to view. Visit: <https://bit.ly/2EEVbaK>

Alternatively type 'Faecal Immunochemical Test (FIT) Sampling Instructions' into your internet search engine.

Further information and help

For further information please contact:

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We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 704704 (ext 2236) or 0797 770 8701 Monday-Friday 9am-5pm (answerphone available).

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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NHS Western Isles

Laboratory Department

Your FIT sample



Your step-by-step guide to the Faecal
Immunochemical Test (FIT)

The Faecal Immunochemical Test (FIT) is used as a first line test when presenting with bowel related problems, such as change of bowel habit or abdominal pain.

It works by testing for non-visible signs of blood in the stool. The results from this test will help guide your GP to which, if any, further investigations are required.

This leaflet offers an easy step-by-step guide on how you can take your sample.

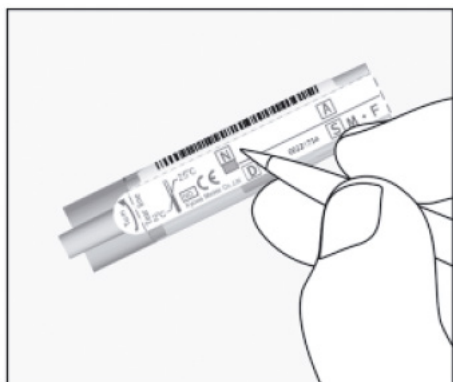
Your step-by-step guide

The sample tube you have received can be stored for a long time without use.

However, once you have used it, you should take it back to your GP Surgery or the Laboratory at Western Isles Hospital without delay, preferably on the day the sample was collected.

Step 1

Write your full name, date of birth and the date of sampling on the label as shown below.



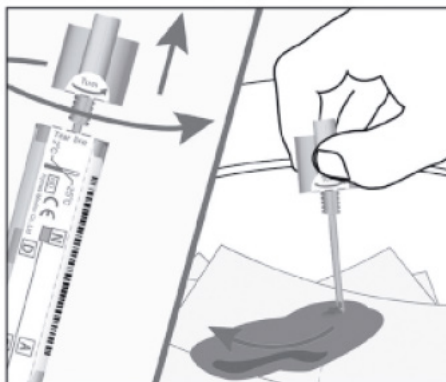
Step 2

To catch your stool sample put layers of toilet paper in the toilet bowl. Make sure that the stool does not go into the water.



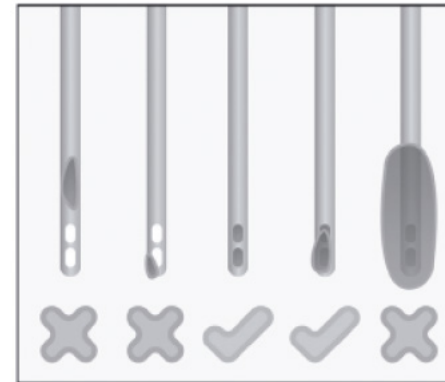
Step 3

Unscrew the top of the sample tube anti-clockwise and scrape the end of the stick along the stool sample.



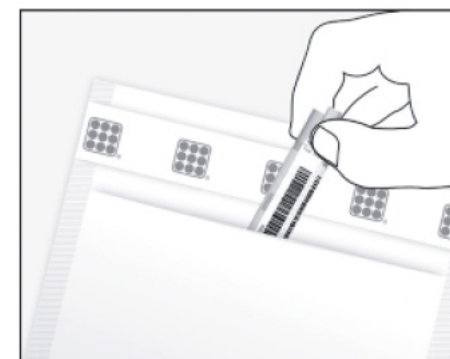
Step 4

Ensure the end of the stick is covered in sample but not excessively so. Replace the stick into the tube and twist clockwise to close securely.



Step 5

Place the tube back in the bag supplied and return the completed sample and request form to either your GP surgery or the Laboratory at the Western Isles Hospital as soon as possible.



For further information please contact your GP.