

Hull and East Yorkshire Hospitals NHS Trust – FIT instructions: a real world example. These instructions are an example used in the NICE diagnostic guidance for Faecal immunochemical test to guide referral for colorectal cancer in primary care, and was not produced, commissioned or sanctioned by NICE

## Hull & East Yorkshire Hospitals NHS Trust–FIT Instructions, DOC177

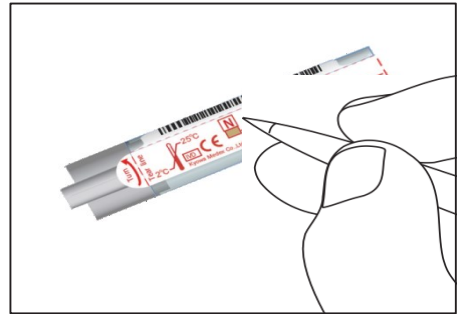
Instructions for the collection of samples for Faecal Immunochemical Testing (FIT).

# START HERE

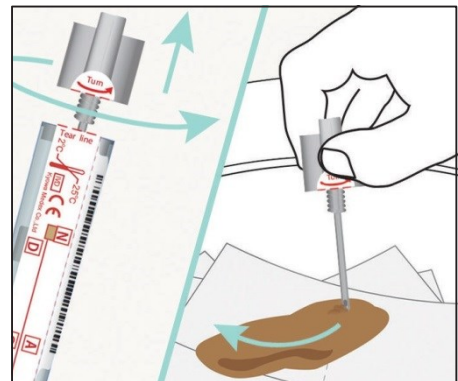
- 1 Your GP has asked you to collect a faecal sample using the enclosed special device. This test looks for tiny amounts of blood in the faeces.



- 3 To catch your stool sample either put layers of toilet paper in the toilet bowl or collect the stool into a clean disposable container. Make sure that the stool does not go into the water.



- 2 Make sure that your name and date of birth are correctly written on the label. Write the date of sample on the label.

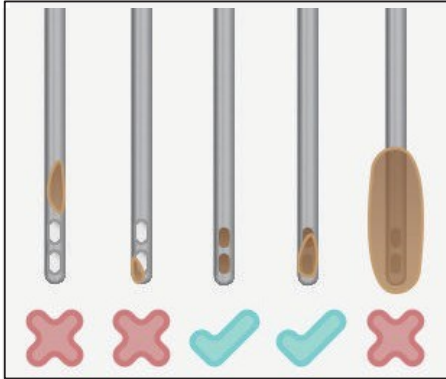


- 4 Unscrew the top of sample tube anti-clockwise and scrape the end of the stick along the stool sample.

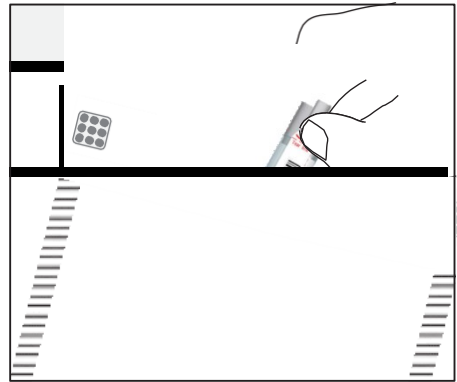
Instructions continued overleaf...

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## .. Instructions continued



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



**6** Place the sample in the plastic bag and return to your GP in the provided envelope as soon as possible.

***Please return immediately to your GP!***

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